

“Practice Makes Permanent” Creates New Habits

Personal Learning Objectives:

1.

2.

3.

When and where will you practice one new messenger behavior?

By what date will you have created a new habit for this behavior?

What is the next occasion where you will use the Key Word Outline?

Tips:

- Memorize the 6 Planning Musts
- Memorize the Key Word Outline – blank
- Practice one behavior in look or tone at a time until it becomes a habit
- Practice every day
- Look for “evolution” in your communication effectiveness rather than “revolution”
- Bring “you at your best” to all communications

A goal without a plan is just a wish.

Antoine de Saint-Exupéry