

Practice Makes Permanent

1. How will I think on my feet?

Behavior: _____

Behavior: _____

2. How will I project more confidence?

Behavior: _____

Behavior: _____

3. How will I manage my nerves?

Behavior: _____

Behavior: _____

4. How will I craft messages that are clear, concise and focused?

Behavior: _____

Behavior: _____

Practice one behavior for 21 days – until it becomes a habit – before working on the next. Good luck reaching your goals!