



CHAPTER 1

IMPROVEMENT AND YOU
IDENTIFYING YOUR ROLE IN MAKING YOUR BEST BETTER

OBJECTIVE

To get started on making your best better, follow these 3 steps:

1. Set a goal.
2. Be consistent.
3. Take action.

Read more on pages 9-10.

1. I.D.E.A.

Identify:

Pages 4-5

Define:

experiment:

Assess:

WHAT READERS SAY

“Jason Womack has emerged as a new voice in the world of professional development. His book offers an action-oriented set of resources leaders can use to improve themselves and help others achieve greater potential.”

-Dan Pink
Author, Drive

2. MIT'S

What are your Most Important Things?

Pages 10-11

3. WHEN ARE YOU AT YOUR BEST?

Examples:

Pages 25-27

When I eat a complete breakfast.

When I capture agreements as I make them.

When I review my Calendar before Email so I'm prepared.

