BUILD IT VERSUS FIX IT

Make a note in each column of things you want to build as
well as things you want to fix.

BUILD IT

- Ex: Build trust within teammates
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-
-
-
-

FIX IT

- Ex: Fix the tendency to gossip
-
-
-
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What actions will you now take after doing this exercise? (14 minutes & 24 seconds- 1% better every day)

Action 1:

Action 2

Action 3:

ARMOR MENTAL
PERFORMANCE