

Step 2: Meeting Practice Planning + Proposal

MEETING:

1 CURRENT BEHAVIOR

2 MESSY MIDDLE

- **Course Corrections**
If you realize that it's not happening, you course correct mid-point.
- **Social Support**
Celebrating progress + wins, acknowledging setbacks.
- **Accountability**
Making commitments, asking for feedback.

3 NEW BEHAVIOR

Step 3: Intentional Practice

Possibility + Invincibility

What's possible from here?

What are you most confident about making happen?

Intentional Practice

Win:

Failure + Course Corrections:

Key insight: