



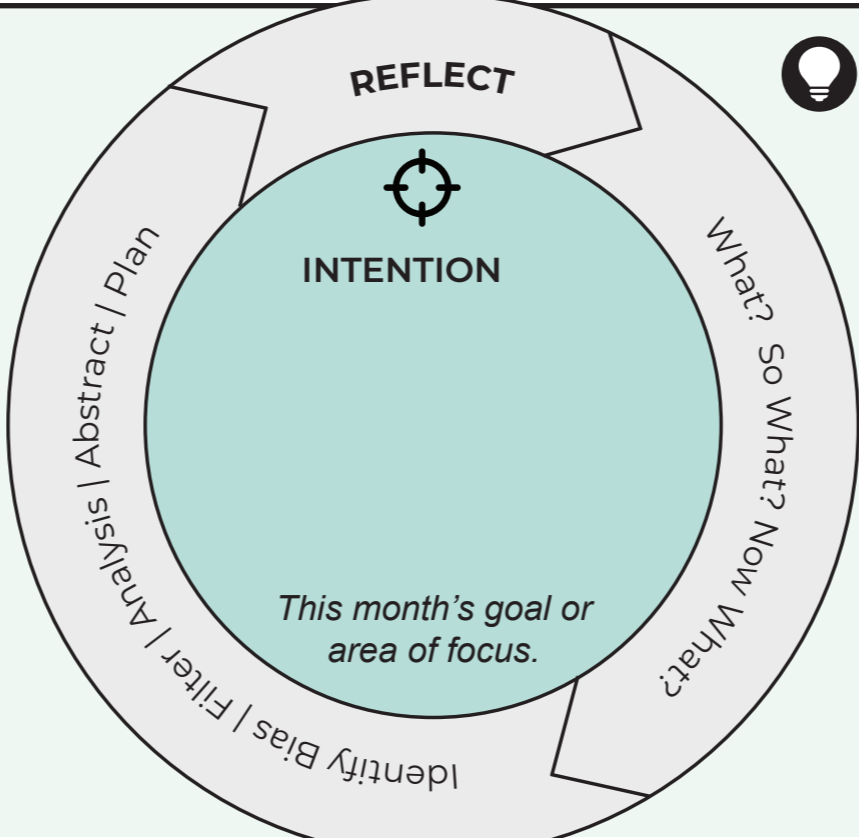


GROW	 MINDSET Choose one commitment to help develop a growth mindset, curiosity or openness. For example, reframing your inner voice when you're faced with a new challenge, generating questions around a new area of investigation, or re-evaluating an existing belief.	ACTION:	WHEN & WHERE:
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EXTEND & LEARN	 EXTEND - Experiences, People & Ideas NEW EXPERIENCES > STRETCH PROJECT: NEW PEOPLE > PLAN TO EXPAND NETWORK NEW IDEAS > READING LIST, COURSES ETC.	 INTENTION This month's goal or area of focus.	 LEARN - Skills, Knowledge & Habits SKILL TO COMMIT TO DELIBERATE PRACTICE: - Activity: - Feedback source: - Key gap to focus on: THREE MENTAL MODELS TO MEMORISE AND USE: 1. 2. 3. ONE SMALL HABIT TO EMBED INTO YOUR LIFE: - Trigger: - Routine: - Reward:
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SUPPORT	PEOPLE Primary point of support this month from team members, community of practice, coach, mentor or broader network. - Who: - Action/ date to confirm their support:	SYSTEMS One workflow or process improvement to support you this month. - System change: - Action/ date to implement:	ENVIRONMENT One tweak to your physical or digital environment that will help support you this month. - Environment change: - Action/ date to implement:	RESOURCES & TOOLS One new or repurposed tool, including checklists, apps, quick reference guides, that will help support you this month. - Resource or tool: - Action/ date to secure:
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