

# COACH BARROW

**Morale:** start by asking yourself, “what were my 5 best achievements from the last quarter?”

1. ....
2. ....
3. ....
4. ....
5. ....

**Momentum:** then ask yourself, “what are the 5 areas of focus and progress making me the most confident right now?”

1. ....
2. ....
3. ....
4. ....
5. ....

**Motivation:** consider “what new things are giving me the greatest sense of excitement going forward?”

1. ....
2. ....
3. ....
4. ....
5. ....

**Multipliers:** finally, “If I could just focus on 5 things that would be the multipliers during then next quarter, what would they be?”

1. ....
2. ....
3. ....
4. ....
5. ....