

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.