

# 14 Activities Critical to Continuous Evolution & Success for Self

**Activity 1: Analyze the interaction and determine to hold or fold**

**Activity 2: Check your tone and whom you are talking to**

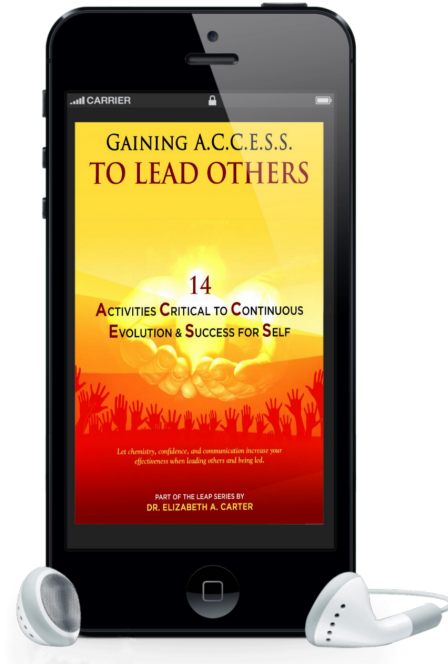
**Activity 3: Leave behind impactful reports and process improvements**

**Activity 4: Leave behind impactful words**

**Activity 5: Seek to understand**

**Activity 6: Have data and know your numbers**

**Activity 7: Join journey joyously**



**Activity 8: Get over it quickly**

**Activity 9: Keep the faith**

**Activity 10: Commit to meetings**

**Activity 11: Overcome brain boredom with stretch assignments**

**Activity 12: Sometimes you must DUMB it down**

**Activity 13: Know when to push the panic button**

**Activity 14: Determine their why**