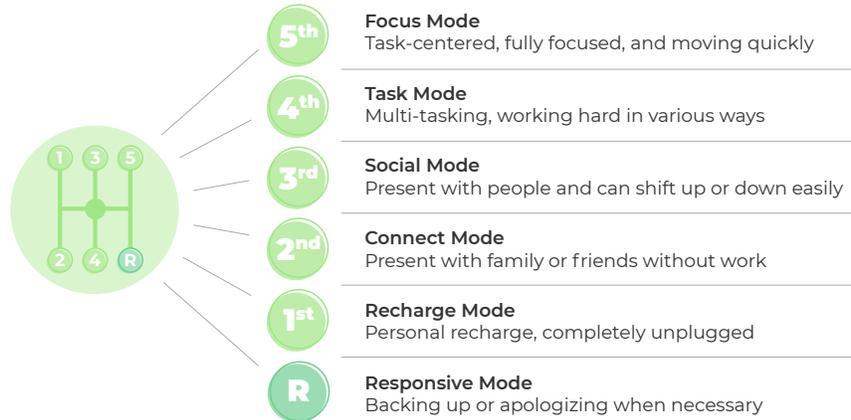


Thrive 101 | The 5 Gears

This exercise is all about identifying your focus areas in work, rest and relationships. Answer the questions below to create your plan for being Present and Productive:



1 | What are the two most important tasks that will help you prepare for success as a Symmetry agent at your current level in this business?

2 | What specific time of each day of the week can you focus for one hour on each of the two tasks you listed above?

3 | What can you do to begin eliminating 4th gear from your schedule?

4 | When do you need to remind yourself to shift into 3rd gear and out of 4th gear?

5 | Who needs you to shift into 2nd gear with them more often?

6 | What prevents you from shifting into 2nd gear?

7 | How can you start shifting into 2nd gear more easily?

8 | What is the most recharging activity you could do every day?

9 | What specific time of the day could you do that activity?

10 | Go ahead and schedule your 1st gear and 5th gear time on your calendar.
