

# Thrive 101 | C.O.R.E. Process

1 | What is your learning opportunity? Write down the biggest learning opportunity in your life and business right now. (i.e. I need to learn to get over my fear of rejection).

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2 | **Call It**  
Describe the circumstance, situation, and context in the space provided (i.e. When I'm on the phone / When I'm about to make dials / When I go on an appointment).

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3 | **Own It**  
Why is this the case? What history do you have that contributes to this? What tendencies show up that can be challenging?

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4 | **Respond**  
What should you do about it? What plan could you act on to take advantage of this learning opportunity?

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5 | **Execute**  
What will you commit to completing in the next 7 days?

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