

Power Hour Companion

Keep this by your side to help you stay focused



1. Before your Power Hour

- What fears re: this activity? What Ego Threats? What pressures to *prove* (your Unconscious Goal / Desired Images)?
- What counterproductive behaviors do these

- What is the purpose of this project/activity? What is your *Élan*? Capture a Contribution or Context Goal AND capture a Learning Goal.

2. During your Power Hour

- Capture any mind chatter, pinches or Ego Threats below.
- Write the minimum necessary to capture your reaction, but then re-read your goals (above) and return to your task at hand.