

Recurring Themes Personal Development Check List

Check List Statements	1 Low - 5 High	Comments
I understand the concepts of marginal gains and have highlighted areas of my work I can apply this to		
I have given my 'chimp' a name and evaluated my behaviours which are 'chimp' driven that I would like more control over		
I have adopted a 10-20min daily mindfulness practice		
I have a sales-mind buddy and we spend regular time to evaluate progress, challenges and coach each other		
I have read and internalised the follow up document		
I have reviewed the video on the aggregation of marginal gains		
I have revised the chimp paradox video		
I have reviewed the video on neuroplasticity		
I have joined the sales-mind linkedin in group		