

### 3 Time Book - Example

<b>True Talent:</b> Making connections/building relationships	
<p><b>+</b></p> <p>1</p>  <p>2</p>  <p>3</p>	<p><b>-</b></p> <p>1</p>  <p>2</p>  <p>3</p>
<b>Teaching Skill/Focus:</b> Insighting curiosity about anatomy/diving deep into the feet	
<p><b>+</b></p> <p>1</p>  <p>2</p>  <p>3</p>	<p><b>-</b></p> <p>1</p>  <p>2</p>  <p>3</p>
<b>Core Comittment/Core Value:</b> Being creative in my teaching and in how I handle all business endeavors.	
<p><b>+</b></p> <p>1</p>  <p>2</p>  <p>3</p>	<p><b>-</b></p> <p>1</p>  <p>2</p>  <p>3</p>

**Instructions:** 3 times per day jot down ways you are either making progress (+) or not (-) in each area, which includes thoughts, intentions, what you say and what you do. (We start just with the first one - true talent). At the end of each day spend 10-15 minutes quietly reflecting on all the + progress. Choose one instance in particular to relive. Bring yourself back into the moment and be there fully. Let it fill you up, cultivating a deep connection to this action/behavior. In this way we set ourselves up for the next day.