

THE
GREAT ONES
{ A Business Fable }

*The Transformative Power
of a Mentor*

EXERCISES:

- 1) State three goals that you have recently made specific plans for...
- 2) State three goals from the past that you remember making a plan for...
- 3) Write down the results of those instances in which you actually followed the plan—maybe not perfectly, though at least substantially.
- 4) Write down the results of those instances in which you blew off the plan and chose to forego it or ignore it.
- 5) Write down three areas of your life that you feel could benefit from more planning or a better plan.
- 6) Describe an instance in which you lost your patience and flew off the handle—what results did you see and did you like those results?
- 7) Describe an instance in which you kept your patience, bit your tongue or managed your emotions in the face of some turmoil—what results did you see then?
- 8) What is the first plan you are going to make?
- 9) When are you planning on making it (“now” might be a good answer—get to it)?!?!