

Train Your Brain to Land the Learning

OVERCOME RESISTANCE & TRANSLATE LEARNING TO INSPIRED ACTION

Prime the Mind

A question that activates the pre-frontal cortex and primes the mind for applying something unfamiliar (which it would otherwise resist).

In what ways am I willing to **allow myself to be changed** as a result of this experience?

Land the Learning

Questions that translate the learning into action. You cannot create new and stay the same. To level up, you must apply insights to action and make the moves.

How did I **walk into** this experience?

How did I **leave**?

How do I **intend to use** what I've learned?

Stay Accountable

Set a reminder on your phone for 90 days from now to check in on how you have applied the learnings.

Mojo Tip

As you evolve, you will take the improved outcomes for granted and forget that you ever did it differently. Write down what you've changed and how it has impacted your outcomes. Write it down, and you have a chance of teaching it to another person earlier in their leadership journey.

