



INSIGHT TO ACTION

Insight (**What?**)

What *new knowledge or perspective* have I gained from this session?

Impact (**So What?**)

When you act on this new insight, what *impact* will it have on your life or career?

Action (**Now What?**)

What is the very first tiny step you will take to turn your insight into *action*? (and when will you do it?)

MICRO ADJUSTMENTS = EXPONENTIAL OUTCOMES