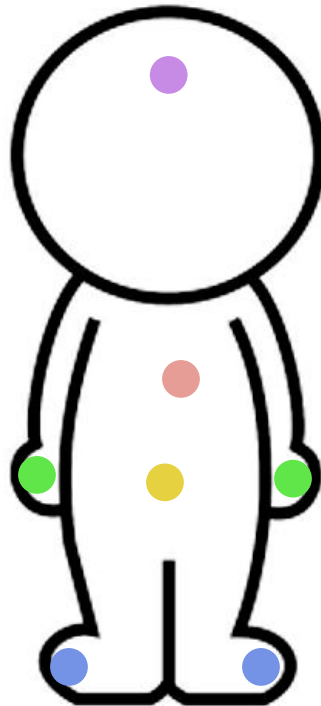


## Manifest

I control my focus  
I focus based on my strengths  
I've fun on this adventure  
I'm the one deciding my value  
I want a lot but *must* nothing  
My body is my friend  
I begin today

### Strengths

Impatient  
Curious  
Problem solver



### Driving force

Develop others  
Develop myself  
Solve complex problems

### Activities

Daily reflection  
Clear learning focus  
Defuse other's mistakes  
Compliment people  
Invite friends when home alone  
Get out of bed at 5:00 AM  
Limit smartphone time  
More public speaking

### Curiosity

Home & economy  
Develop colleagues  
My role as coach/leader  
Educate without lecture  
Nutrition  
Crawl (swim)

### Ideas

Everyone tries to be good  
Multitasking is a myth  
Every "yes" is a "no" to something else  
What happened yesterday means nothing today  
Things I'm good at becomes fun  
The thoughts I feed grows  
Do good ↔ Feel good

### Work on

Eye-contact  
More focus on other people  
Only promise what this I can keep  
Understand my career and role  
Forgive immediately and automatically  
Get back to my learning  
Date to ask for help