

SHAKE IT OFF

NAME IT, CAPTURE IT, & SHRED IT

Great athletes know to shake off past missteps and focus on what is front of them. It isn't that they don't own the misstep, they just don't let it define them. As a leader, you should do the same. Name a past misstep that is causing you to not focus on the current play. Name it, describe it, and shred it. Shake it off. Move forward. Your team needs you.

Name It

Results

missed goals
failures, loses

Regrets

missed opportunities
past choices

Relationships

partnership fallouts
broken trust



Describe It



Shred It

