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| **LIVING B.O.L.D** |
| **B.** | **O.** | **L.** | **D.** |
| **“B” is…** | **“O” is…** | **“L” is…** | **“D” is…** |
| **Embrace your uniqueness and harness the power of you by asking…** | **Monitor your day to determine…** | **When you hear your inner critic, ask yourself…** | **Deciding is to move away from all other options.**  **Who do I want to be?** |
| 1. What do I continually think about?
2. What was my best day in the last 30 days?
* What specifically was I doing?
* Why did I enjoy it?
1. What brings me energy?

Ex: Development, Satisfaction, etc. | 1. What's working?
2. What's not working?
3. What do I need to let go of?
 | 1. Is this a logical thought?
2. How long have I done this?
3. What went well?
4. Is this going to matter in 5 min, 1 week, 5 years?
 | 1. What persona makes me feel empowered?
2. How would <**persona name**> think, feel and act?
3. What if <**persona name**> couldn't fail?
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