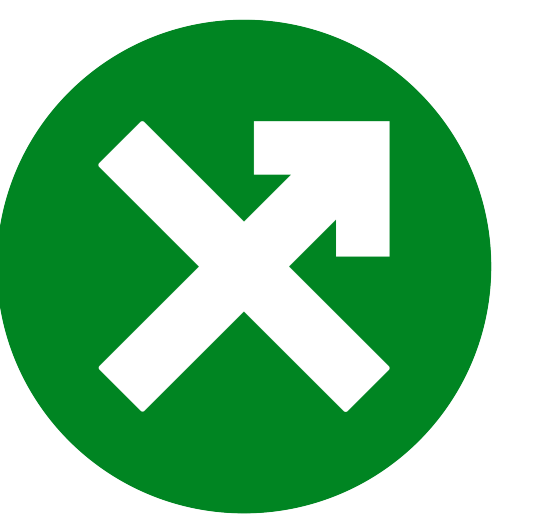


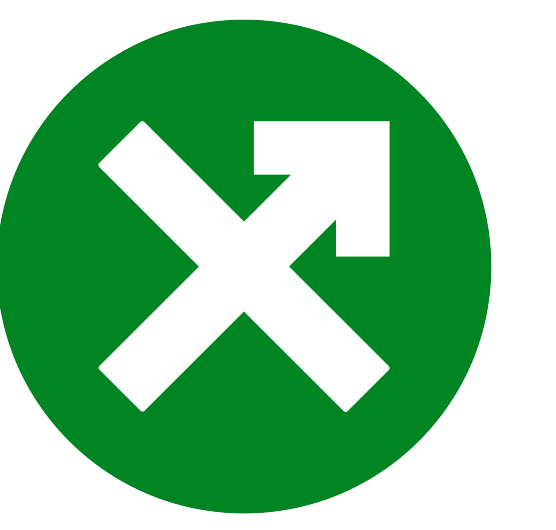
# GROWTH CULTURE

	<i>Think Growth</i>	<i>Talk Growth</i>	<i>Take Action</i>
<b><u>Present</u></b>	Question that makes you think about the present.	Have a conversation about your findings.	Set a goal, start a challenge, build a habit/routine, set a priority
<b><u>Growth Mindset</u></b>	Question that makes you think about your growth.	Have a conversation about your findings.	Set a goal, start a challenge, build a habit/routine, set a priority
<b><u>Visionary</u></b>	Question that makes you think about your future impact.	Have a conversation about your findings.	Set a goal, start a challenge, build a habit/routine, set a priority



# GROWTH CULTURE

	<i>Think Growth</i>	<i>Talk Growth</i>	<i>Take Action</i>
<b><u>Present</u></b>	How can I be more intentional with my significant other/friend right now?	I've been thinking about ways I can be more intentional with my significant other/friend. What do you think about me doing this?	Priority: have a phone less dinner with your significant other/friend.
<b><u>Growth Mindset</u></b>	Where is an area I would like to grow in this quarter?	I'm trying to grow in this area, can you hold me accountable? It will just be me calling you once a week with an update on my progress.	Habit & Routine: Go to the gym M-F after I eat breakfast.
<b><u>Visionary</u></b>	What kind of impact do I want to have on the world?	I've been thinking about what the world needs and what I bring to the table. I have an idea and I want to run it by you...	Goal: Start a mastermind group by the end of the year.



# DEATH CULTURE

	<i>Think About Your Shortcomings</i>	<i>Talk About Things Out of Your Control</i>	<i>Stay Stagnant</i>
<b><u>Insecure</u></b>	Everyone is so much further ahead of me. I don't think I'll ever catch up.	I can't believe this person did this to me after everything I've done for them!	Keep complaining.
<b><u>Fixed Mindset</u></b>	I'm not good in this area and I never will be.	I didn't grow up in a family that did stuff like this.	Make excuses.
<b><u>Pessimistic</u></b>	The world is already messed up, what I do won't make a difference.	Did you get that post I sent you? Crazy right? The world is getting worse and worse.	Stay negative.