|  |
| --- |
| **LIVING B.O.L.D.** |
| **B.** | **0.** | **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. Ask yourself...** |
| 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 (or joy)?
 | 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 minutes, 5 hours or 5 days?
 | 1. What persona makes me feel empowered?
2. How would <**persona name**> think, feel and act?
3. What if <**persona name**> couldn't fail?
 |

|  |
| --- |
| **LIVING B.O.L.D.****Get off the sidelines and start living the life you want, now!** |
| **Group Questions**1. What letter of **B.O.L.D.** most resonates with you?
2. What action are you going to take **now** to get yourself off the sidelines?
 |
| **LET’S LIVE LIFE MORE BOLDLY** |
| Are you looking for moreafter the presentation? GREAT, I was hoping you were! 1. Sign-up to receive my email newsletter that features content on **Resistance Leadership** for you and your team to overcome resistance and create personal and organizational change. As a bonus, when you sign-up, you’ll receive my **Manager’s Guide to Resistance Leadership: Five Ways to Go From “No Way”** **to “Okay”.** Sign-up by going to **EricCurrie.com/subscribe** and enter your name and email address.
2. Spread the joy of living B.O.L.D. with your organization or with others so we can all live boldly! Connect with me on LinkedIn or by going to **EricCurrie.com/let-s-talk**.
 |