



SPARK Entrepreneur Book Club Day Two: February 4, 2021

Prework: Review the information shared from the first day of the book club, including the actions you've taken since 1/21.

Chapter 3 Summary

1. All thinking and behavior is a choice. Intent is important, AND your impact is what you do and how you do it.
2. Great ideas are amplified (or diminished) by the choices you make and how you intentionally (not on autopilot) engage your network of stakeholders and teams.
3. Some habits need to be examined and changed by understanding the cue, changing habitual behavior and reaping a new reward.
4. Boost your abilities in the 3 components of choices
 - a. **Notice.** Pay attention to what is happening within and around us.
 - b. **Stop.** Pause, to breathe, to allow space for a new choice.
 - c. **Think.** Use your **CIMA** superpower to calibrate and gain clarity on greater good choices.
 - i. What do I Control?
 - ii. What can I Influence?
 - iii. What can I Mitigate?
 - iv. What must I Accept?
 - d. **Choose.**

Chapter 3 Entrepreneurial Actions for Impact

1. Schedule time on your calendar to plan for intentional choices (think CARE, COMMITMENT and PEOPLE).
2. Create a *to-think* list to enable CIMA and Transformative choices that ensure the CARE for the greater good, high COMMITMENT to impact and a focus on PEOPLE. For example, schedule 15 minutes at the start of the day to answer these questions:
 - a. What is important today?
 - b. How can I best show up for the people on my path today?
 - c. What choices will ensure CARE for the greater good, COMMITMENT to impact and engaging PEOPLE?
3. Recruit an accountability partner and find a way to make it "easier to do." For example, schedule time with your accountability partner, create notification reminders for yourself, or make this a standing agenda item.

Need additional support? Email us at corey@humanenergy.com and we'll email you a digital copy of Notice/Stop/Think/Choose and CIMA.