

How To Use This Workbook

In order for this Book Club to help you *Raise Your Game*, you need to be as open, honest, and vulnerable as you can. Take the time to really reflect. Your answers need to come from your heart. The deeper you go, the more powerful this will be.

Don't write what you wish was true—write what is actually true.

You are expected to read the entire chapter and complete the accompanying section of this workbook prior to each session. You need to have your answers written and be prepared to discuss and engage. Bring your workbook to every session.

PRE-WORK

What is a short-term (less than a year) individual goal you aim to accomplish?

What is a long-term (more than a year) individual goal you want to achieve?
