



Change Academy Lab Notes

TOPIC: What's holding you back?

EPISODE #43

NOTES/TAKEAWAYS:

EXPERIMENT:

Step 1: Identify the skills required to reach your objective.

Step 2: Assess your current capacities: What's your weakest link?

Step 3: Consider whether you can (or should) outsource

Step 4: Seek out resources that will help you build skill/comfort in that area.

OBSERVATIONS:

FURTHER EXPERIMENTS: