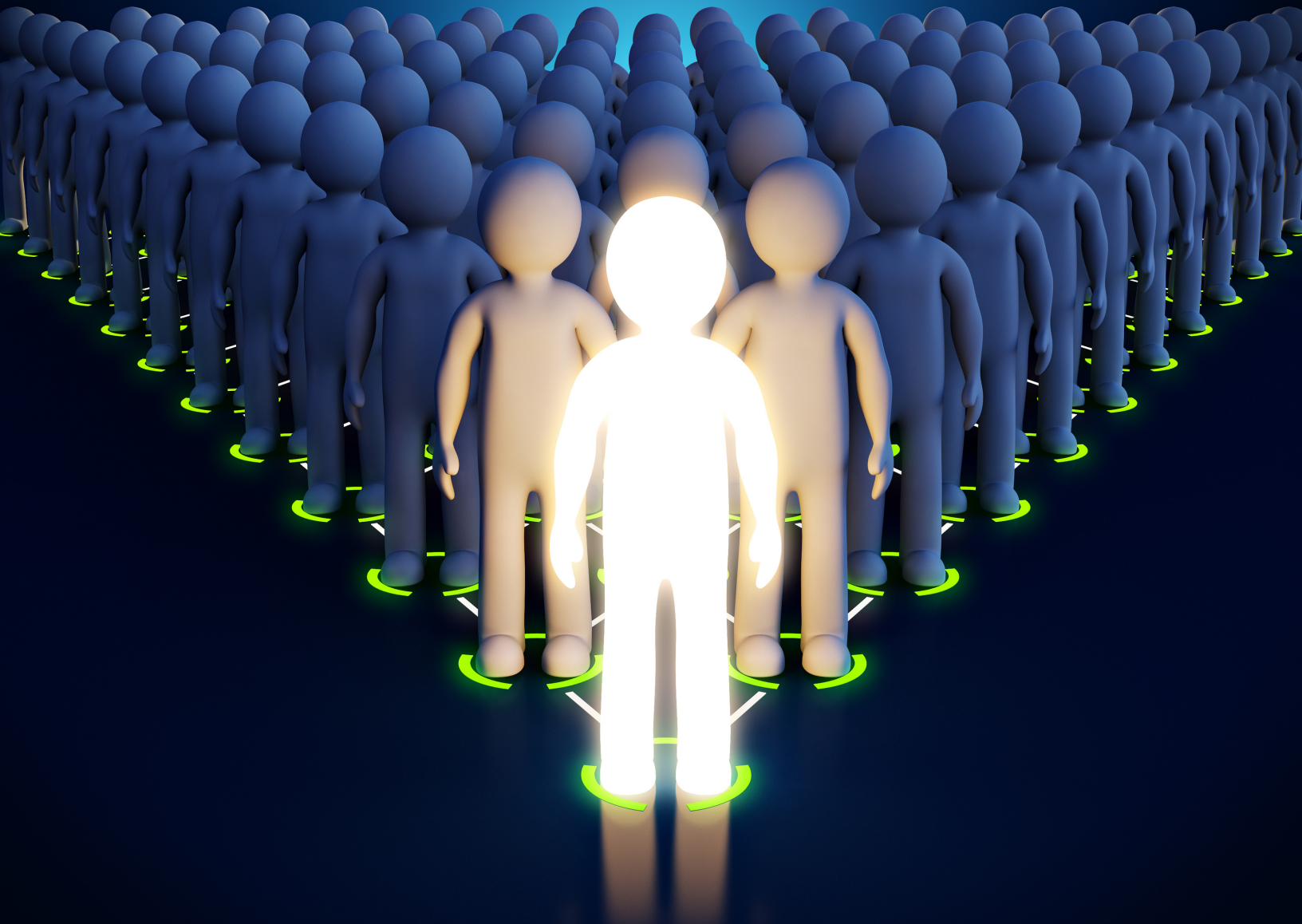




THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE





Episode 8: 3 Ways To Start & End Your Day

NOTES:

What you do in the beginning and what you do at the end will make or break the _____

3 Tips To Start Your Day:

1) Wake Up _____

2) Fill Your _____

3) _____ **Great Things**

Henry Ford said, *“Whether you think you can, or you think you can’t– you’re right.”*

3 Tips To End Your Day:

1) _____ **The Next Day**

Benjamin Franklin once said, *“For every minute spent in organizing, an hour is earned.”*

2) Wind _____

3) Sleep _____