

Example Capture Sheet

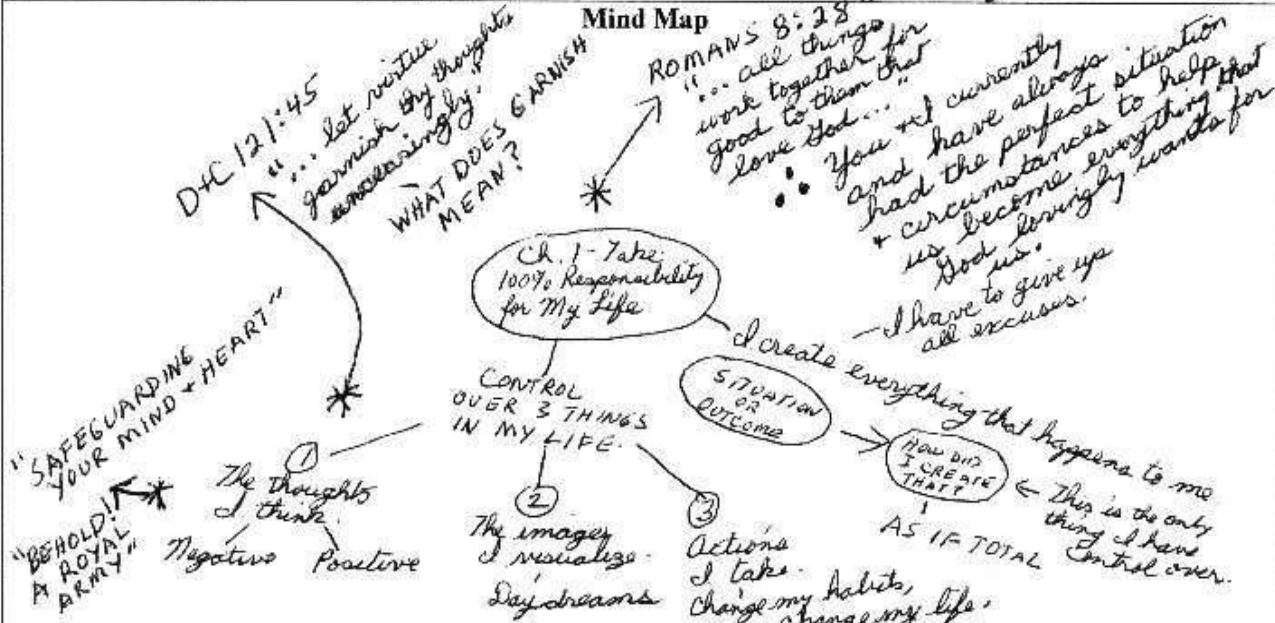
Learning Success Book or Learning Opportunity Capture

Title: *THE SUCCESS PRINCIPLES*

Author/Presenter: *JACK CANFIELD*

Personalize
 Chapter/Presentation *1. TAKE 100% RESPONSIBILITY FOR MY LIFE* ☺☺☺☺☺☺

Personal Connections
** Arnold France * Kaylee + butterflies Children's Living Bible Romans 5:1-5 * Fanny Crosby*
 EVENT x RESPONSE = OUTCOME



- Power Quotations or Scriptures
- If you don't like your outcomes, change your responses.
 - Continuing the same behavior + expecting a different results is insanity. -AA
 - To be more successful, all I have to do is act in ways that produce more of what I want.

- Stories/Parables/Objects
- Man under street lamp looking for keys.
 - Two cars stuck in traffic.
 - POWER SHELF - PLACE A MIRROR with following quotation: "You are looking at the face of the person who is responsible for your happiness."
 - * QUETZAL BIRD -

- To-Do's
- Make a list of behaviors that would make me more successful. Get input. (USE WITH TOTAL SUCCESS MEMORY GAME)
 - Reinforcement activity - Make a list of successes where what I did made a positive difference. (TOTAL SUCCESS MEMORY GAME) Try it with Cola

- Habits
- Replace Complaining with making positive requests + taking action that will achieve my desired outcome.
 - Internal Self-Talk: I feel great; I am in control; I can make things happen.