

# “Practice Makes Permanent”

## Create New Habits

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Personal Learning Objectives:

- 1.
- 2.
- 3.

When and where will you practice one new messenger behavior?

By what date will you have created a new habit for this behavior?

What is the next occasion where you will use the Key Word Outline?

Tips:

- Memorize the 6 Planning Musts
- Memorize the Key Word Outline – blank
- Practice one behavior in look or tone at a time until it becomes a habit
- Practice every day
- Look for “evolution” in your communication effectiveness rather than “revolution”
- Bring “you at your best” to all communications

*“The will to win is not nearly as important as the will to prepare to win.”*

~ Bobby Knight