



1. Choose a team of 3-5

2. Make your agreements:

- Commit to play full out
- Hold self and others accountable
- No quitting, no hiding, no excuses!

3. Every morning text intentions to your team

- # of Touches
- # of Nurtures
- # of IPA
- # of Neuro Tools

4. Every afternoon text results to your team

- # of Touches
- # of Nurtures
- # of IPA
- # of Neuro Tools

5. Results

- Hit the target = Celebrate!
- Miss the target = Tweak for tomorrow