

Sticky Note Reinforcer

- Everyone please take a sticky note
- On your sticky note, please write one important idea from this training that you want to remember and make a commitment to implement
- Please place your sticky note on your heart
- Hold it there & rub it in so this thing you want to do becomes part of you
- Now, put it in your pocket
- Carry it with you for 30 days - - how long it takes to become a habit
- For the rest of the day/conference, if anyone asks you if you have it, take it out and show them
- Back at your programs: If a supervisor or someone on the team asks you if you have it, take it out & show them
- If you have it, there could be a prize - - something fun for your staff