

Negotiation Mastery

IN A CHANGING WORLD



with
**James
Laughlin**

What we'll explore together:

What we'll explore together:

- **Shared stories, shared strength**
- **Supercharge your BS**

**Shared stories,
shared strength.**







Shared stories, shared strength







Mr Pollock – The Possibilitarian





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5-YEAR VISION 12-MONTH GAMEPLAN THE 1 PAGE PLAN 12-MONTH REVERSE ENGINEER HABIT INSTALLATION HABIT TRACKER SUCCESS NOTES QUICK START GUIDE

MONDAY

DAILY M.E. PLAN

Professional Priorities

☐ _____

☐ _____

Personal Priorities

☐ _____

☐ _____

One word intention for how I'll show up today: _____

Three Non-Negotiable Habits

1. _____

2. _____

3. _____

The one person who needs me most today

☐ _____

If I could only accomplish one thing today, such as by doing it, everything else would be easier, it would be...

The one thing I can say no to today is...

A. _____

The three things I'm most grateful for today

A. _____

B. _____

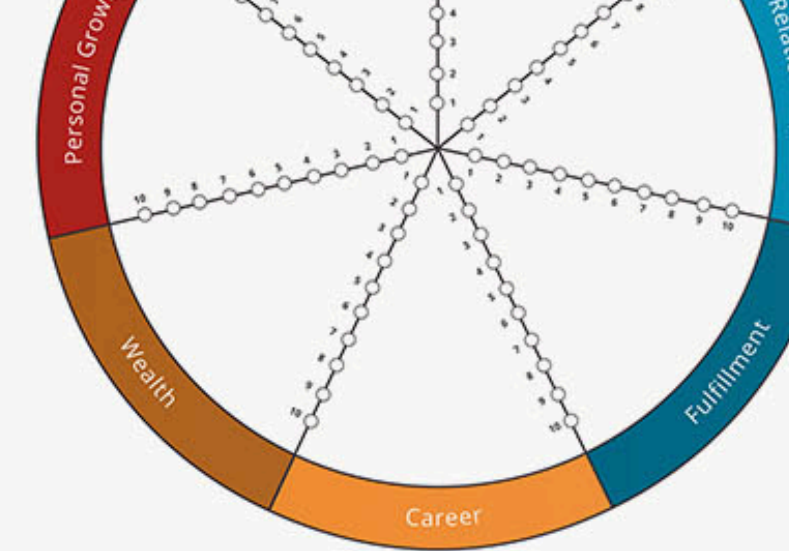
C. _____

Evening Reflection

- What went great today?
- What didn't go so well?
- What was my most notable accomplishment?
- What did I learn today?
- What must I let go of?

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEKLY REFLECTION MONTHLY REFLECTION WHEEL OF LIFE

JL JAMES LAUGHLIN



Key Areas to focus on:

☐ _____

☐ _____

☐ _____

☐ _____

PAGES WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEKLY REFLECTION MONTHLY REFLECTION WHEEL OF LIFE

HABIT INSTALLATION TRACKER

MONTH OF: _____

HABIT

1 2 3 4 5 6 7 8 9

12 13 14 15 16 17 18 19 20

23 24 25 26 27 28 29 30 31

REWARD:

HABIT

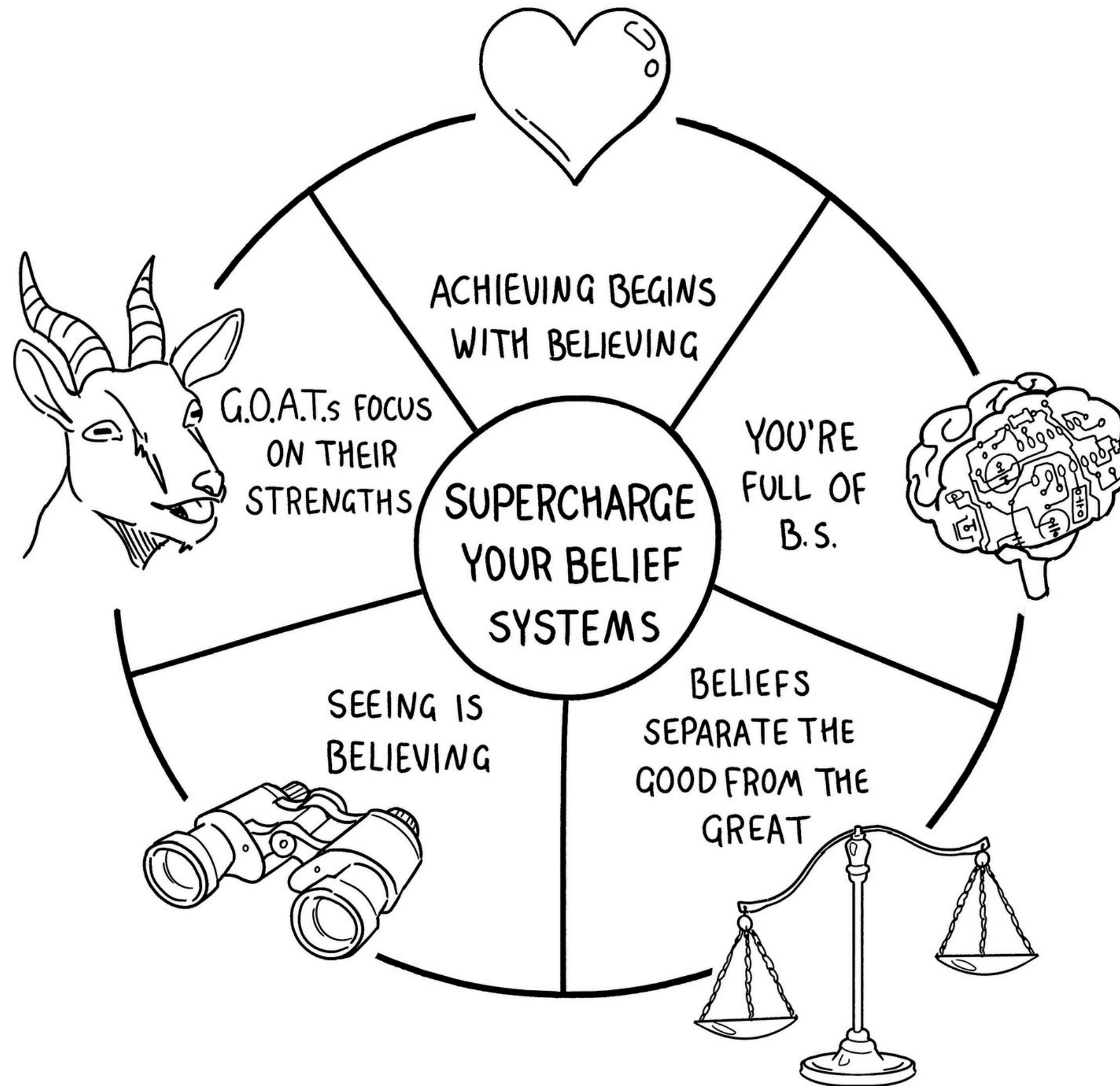
1 2 3 4 5 6 7 8 9

12 13 14 15 16 17 18 19 20

23 24 25 26 27 28 29 30 31

You're full of

B.S.



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Let's Connect!

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