

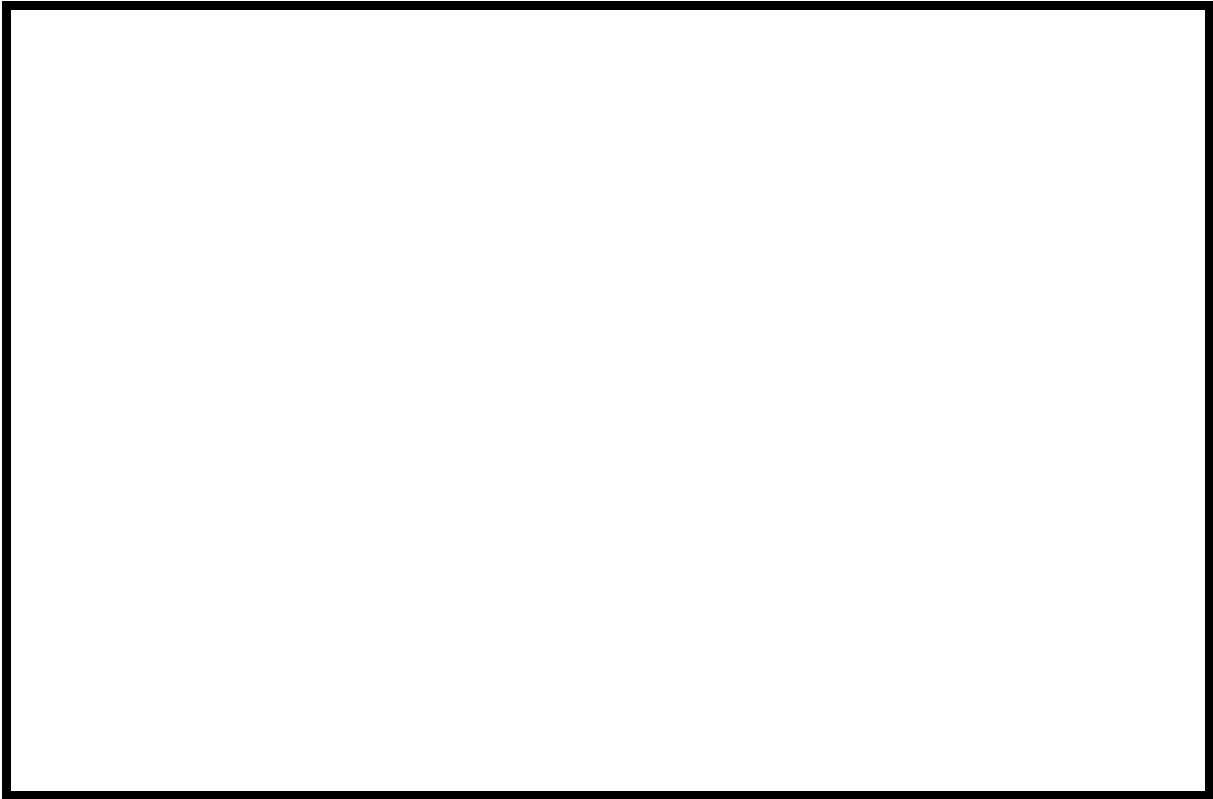
THE **BOSS** HAT *Programme*

WEARING YOUR HAT – PART 2

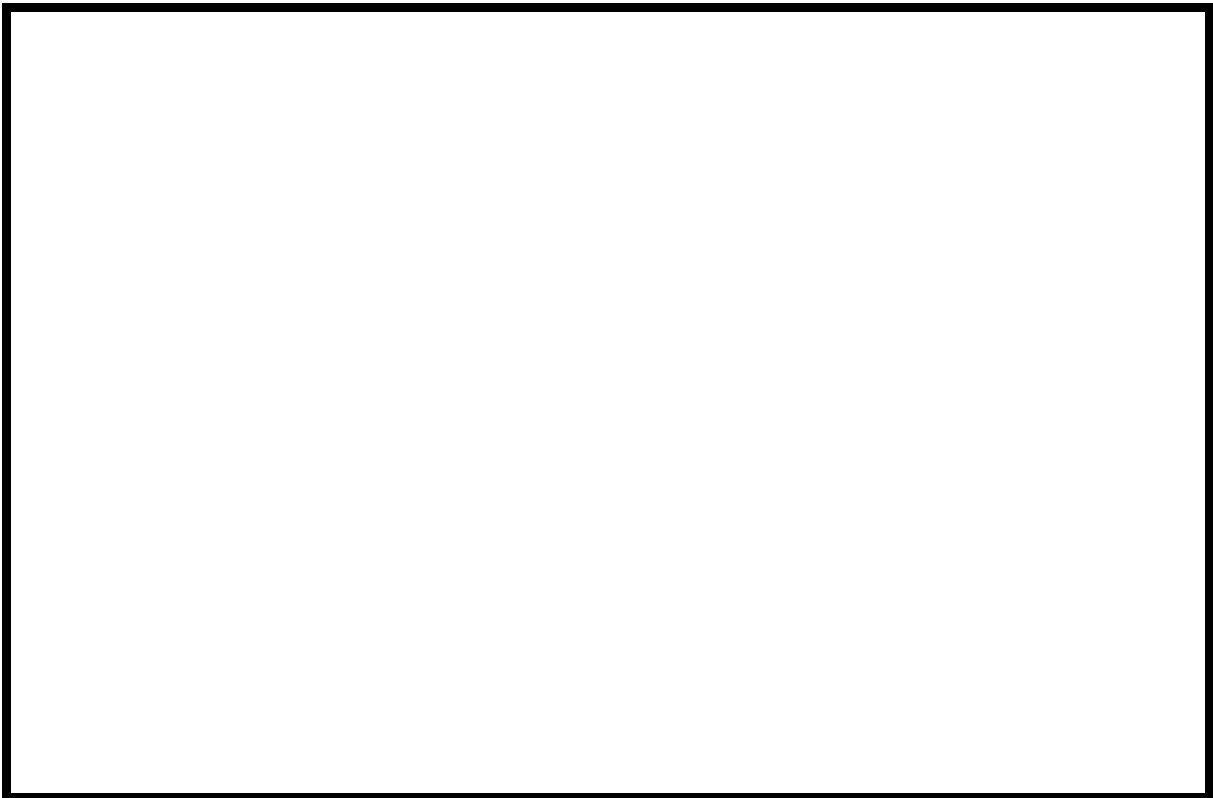
Lesson 1 – Habit #5 Be consistent and not a magpie

What actions are you going to do to remove the temptation of being a magpie? For example, turning off your email notifications on your laptop.

What tasks do you lose interest in, and why?

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What can you put in place to keep yourself motivated?

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NOTES:

A large, empty rectangular box with a black border, intended for taking notes. It occupies most of the page below the 'NOTES:' heading.