

Your 10-Day Versatility Challenge

In just ten days you can be well on your way to building a habit that could pay off for years to come. Over time, one new habit can make big difference in your relationships, and therefore your influence, productivity, and enjoyment.

What to do:

- At the top of the card, write a behavior that you want to develop into a habit.
- Practice the behavior at least once a day; make a check-mark on your card to mark your progress; celebrate each mark with a mental high-five (Say to yourself: "I'm awesome!").
- Repeat for 10 days.
- Send us a picture of your completed card to info@proteusleader.com and we'll send you a special gift.

Throughout the challenge, we'll send you encouragement, tips, and resources to help keep you on track.

Baby steps work—building mini-habits is way to create big change in your work and life.

Go to proteusleader.com/flex to register.

—SAMPLE—

Behavior:

Offer my opinion sooner or more definitively in conversations with my boss.

✓

✓

✓

4

5

6

7

8

9

10

Halfway There

You're on Your Way

Time to Celebrate!

Behavior:

1

2

3

4

5

6

7

8

9

10

Halfway There

You're on Your Way

Time to Celebrate!

Behavior:

1

2

3

4

5

6

7

8

9

10

Halfway There

You're on Your Way

Time to Celebrate!