

Get to know your Junior's better!

Time Requirement: 2 – 30 minute phone calls this week. One with your Junior and one with your Senior.

Action Requirement: Seniors you will need to setup a 30 minute call over the next 3 days to ask the following questions to your Junior.

Reminder: Seniors do not talk about your stuff with your Junior, you only go over that with your Senior.

Here is what you will focus on during your calls:

1. Review with your Junior the 3-6 areas they want to focus on. (This is a good chance to change or revise if needed.)

***Definition: Daily Action** – Daily actions need to be quantifiable actions that can be measured and checked off. For example your action can't be to "Get Healthy" this is a goal or target that you want to achieve. Here are some daily actions that will help you achieve that target: Drink 1 full glass of water first thing in the morning or do 30 minutes of cardio.*

2. Ask your Junior how you can better support them as their Senior?

3. Ask your partners how you can do a better job maintaining a daily accountability call?

4. Ask your partners if they are committed to talk at least once a day, no more than 5 minutes to do a daily recap of the three things they must get done in each focus area, and feedback if any, you should know about?

5. Ask your partner if there is anything else they think is pertinent for you know in order to better help them stay accountable.

REMEMBER – Each call should be NO MORE than 30 minutes each!