Get Switched On! –
The Power of Attitude and Activity

Sunday, February 26, 2017
3:30 p.m. – 5:00 p.m.

Presented by
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Get Switched On!
Knoxville, TN
Get Switched On!

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Formula for getting switched off: Letting instant _______________ win and making simple ______________ in judgment. The Power of Early ______________.

What have I been _______________? What impact is it having? What impact will it have?

Formula for Getting Switched On: Take care of ________, think long term and execute daily success _______________. A Streak Starts with _______________.

How you do _________________ is a reflection of how you do _________________.

Time will either _________________ me or _________________ me!

Good is the ______________ of ______________!

Seek _________________ to engage and create a _______________

They will remember ________ you did it, not ________ you did?

You cannot _______________. There are no ________.

What is really _________________? Investing in You!

When my _________________ and priorities are clear and lived with integrity – the tough _________________ are easier because they are usually made in advance.

1. 4.
2. 5.
3. 6.
1. Take time in *my* _______ – *power of one* _______.

   Clarify my compelling _______ and develop a clear game _______.

   Write it _______ - _______ it - _______ it - *Own my* _______

   1. _______  2. _______  3. _______

   To overcome neglect, I have to isolate and *turn key* _______ into _______!

   I hold myself _______ so I can _______ my results – *where do I keep* _______?

   *Ask my customers/teammates/spouse/children:*

   What can I do to be a _______ _______?

   "The question is not what is the _______ is doing, the key is *what am* _______ doing?"

   Chip Eichelberger

2. You gotta’ _______ - _______ vs. _______ mindset

   *Anything* worth doing is worth doing _______! *Frustration* is _______.

   How well do I _______ others, ask _______,

   and generate _______ customers? *Use* _______ for coaching!

   Develop your *influence* skills to become a more effective _______, not just a presenter.

   _______ *ask* and presenters _______.

   _______ more _______, listen _______ talk _______.

   "This is so important that I’ll elevate it to a *rule:* Listen _______, speak _______.” Peter Drucker

James Kouzes and Barry Posner (*The Credibility Factor*) polled more than 7,500 managers worldwide asking them what qualities they admired in their leaders. Among the most mentioned qualities were the *ability to inspire*, the *ability to understand the perspectives of others*, and the *ability to speak with passion*.

   _______ ___________ change vs. _______ ___________ change

   *FastCompany.com – Change or Die* - Alan Deutschman

What am I committed to _______? What am I willing to _____ / _____?
3. Be a ______________ - Beware the Law of Familiarity!

Winning teams’ catch each other doing things ________ and get __________________ for their extra-effort. Treat __________________ customer/employees/spouses like _______ ________!

Maximize the value of each customer ___________________.

__________________________  ____________________  ____________________  ____________________  ____________________  __________________

Showtime! Re-evaluate my daily routine to Get ______________ ___ in advance for each customer, each day & when I walk in the door at home!

First 5/Last 5 My ______________ is contagious! No Seagulls!

Am I an effective dispenser of ________________________ or ____________?

Never Underestimate the Power of One _______________.

Change from scarcity to ______________________________

Change from my limitations to my _______________________

Change from my problems to my _______________________

Go to GetSwitchedOn.com – Yellow Button - I Just Saw Chip
Get Switched On Energy Schedule™

I MUST workout a minimum of _____ days per month.

Signed ____________________________ Date ___________

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Why make a lifetime commitment to "workout" consistently? How long do you want to live? **START DOING SOMETHING!** Place the Get Switched On Workout Schedule on your mirror in the bathroom. Fill in the box for each day you "workout" and live up to your six-month commitment.

**A Streak Starts with One!**

1. Start the day with and INTERNAL SHOWER – drink 12-16 oz. water - have water available in the car/desk
2. Treat my body as a temple. How long do I want to live? What quality of life do I want at 100? **Start now!**
   3. Bring a cooler w/healthy food to work/car – cut out soda/ energy drinks, cut way down fast food/crap
   4. Aim for 50% of what passes your lips to be fresh vegetables and fruits, 7-9 servings a day. Eat a BIG interesting salad and a SMALL entrée more often. **Do NOT drink your calories!**

   Drink the [Get Switched On Smoothie](#) at least 4 days a week!

5. **Oxygenate your system** – do 20 aerobic sessions a month of 30 minutes - in am if possible! Maintain my strength. Just 28 sit-ups/push-ups a day = 10,000 a year! **Also use a resistance band or small weights.**

   Go To [3PercentChoice.com](#) - Make a commitment to be one of the 3% in America who lead a healthy lifestyle – Own your health and energy.
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