

# *“Can You Hear Me Now?”*

## Two ‘Dream Team’ Connection Tools

### 1) Lists of Appreciation

- Write often to create the appreciation habit.
- Start broad and be real.

### 2) Focus Wheel

- Clean piece of paper – write what you want at the top.
- Start on the outside edge, work your way inward.
- Focus on **finding the feeling of relief** with each thought.
- Move deliberately, be real, not too fast.

*Use these two tools to:*

- improve how you feel*
- focus your imagination /thoughts*
- connect with your ‘Dream Team’*

**“You can’t depend on your judgment when your imagination’s out of focus.” ...Mark Twain**

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# Sample Focus Wheel

**My Goal** “ I want to feel more relaxed, confident and comfortable when I give my TM speech. I want to do a good job.”

