



Monday Hour One Workshop

# Agenda

**Practice here**

**The benefit of Monday Hour One**

**Overview**

**The most common obstacles**

**Pro tips**

**Taking it to the next level**

**Q&A**

**Takeaways + visualization**



Reactive



Deliberate

This is a practice

You can't *not* get better

This is yours and  
yours alone

# The “how”

**\*\*\*Watch your brain present obstacles**

1. Write *everything* down
2. Choose how much time to give it
3. Put it on your calendar
4. Follow through, and watch your thoughts



Obstacle → Strategy

# Pro tips

**Bring in Oprah**

**Be your own PM**

**Schedule from the right place**

**Choose, then have your own back**

*Half-Finished to  
Done, LIVE*

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