

**Weekly DETOX
And Personal Accountability**

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For Monthly Members

July 1, 2013

Assessing your Charisma

Think about what you would define as charisma? What are some characteristics?

Would you consider yourself as charismatic?

Think of someone you would think of charismatic. Who would that be?

Then, what is it about him or her that makes him or her charismatic? State that here.

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each week you will get a video and/or audio, and a detox template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.