

**Weekly DETOX  
And Personal Accountability**

**For Monthly Members  
July 8, 2013**

*Improving your Presence*

This is a perfect skill to practice immediately! Can you be more present? YES ... of course ...

**Task:** Select 3 times during this week where you have set a reminder to be more present. One way to do that would be to program your phone to send you an alert right before a meeting.

Be conscientious of your level of presence – body-language, eye contact, reflective questioning, and other behaviors that you would see as presence.

Did you notice that people were perceiving you better?

How can you remind yourself to be better at this in the future?

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.