

2. Think about your personal life. What can you do for the next 30 days to implement the 212 degree principles? Pick one thing that makes one degree of difference. Just one. Then do it!

3. Think about your professional life. What can you do for the next 30 days to implement the 212 degree principles? Pick one thing that makes one degree of difference. Just one. Then do it!

Consider these ideas to help you implement your “extra degree.”

- Add your personal and professional “one thing” commitments to your calendar.
- Find someone to hold you accountable. Meet with them and determine how and when that accountability will happen.
- Block planning time in your calendar each week that is dedicated to considering where you can make a degree of difference. Use that time to consider big projects and challenges that you don’t have time to reflect on during your busy week. End that planning time with specific action steps that you will take for the week.