



Bob Cancalosi Leadership Consulting

Helping leaders achieve higher impact outcomes

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Dog
House
#2
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LEADERSHIP BOB & THE SALTY DOG SERIES

Leadership Bob on Journaling



The most effective leaders know that there is such a positive benefit behind deliberate reflection time and hand writing in a journal. Journaling lets you see how your thinking evolves over time and in many ways the use of a deliberate time out can help you see things with much greater clarity. You can't multitask when you are writing and I have personally found that slowing down and thinking at a deeper level can actually help you go faster.

Salty Dog

DO THE LOOPS!

Record what's important to you

Reflect on what you wrote

Act on the most important learning

Share your learnings with others



Salty Dog Pack

If you are interested in receiving the Salty Dog Leadership Series on a recurring basis, please go into my website at www.FourLoopLearning.com and fill in the Get In Touch button on my Home page