

Your Educational Tournament

Chapter 7: Education

How should you choose your very next learning opportunity?

Here's what I recommend:

STEP 1

Begin where you are today.

STEP 2

Check your gaps.

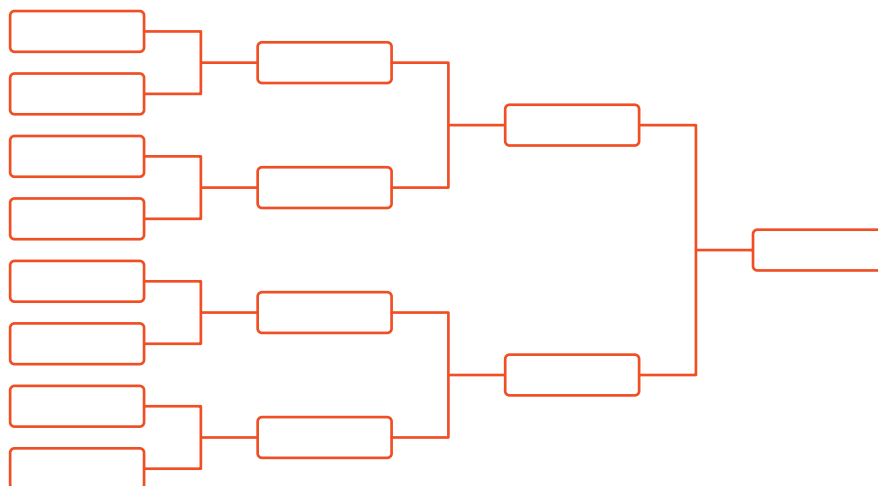
STEP 3

Do a limiting factor analysis.

STEP 4

Run a tournament.

Fill out the following blank tournament bracket to decide on your next course or learning opportunity. Pair up items from your list, make them compete for the next precious spot in your learning calendar, and see what wins. (Then, of course, take action and do the learning.)



Important: Once you complete your latest learning adventure, be sure to rerun the tournament. You'll want to be sure your original list, your brackets, and your winners are as up-to-date as possible and are based on what you've learned since your last time running it.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book