PRACTICE EXERCISES

DILIGENCE

WEEK ONE

★ The number of stars represents the degree of difficulty. ★

Write Fan Mail

Admiration is perhaps the most powerful influence upon a person's character development. So a great first step toward developing your diligence is to identify a person whose diligence has impressed you in a variety of ways and is worth admiring. But admiration does not happen instantly. It's nurtured over time by expressing it. Take time to write a piece of "fan mail" i.e. a note (via email, text, phone call, snail mail) that briefly explains what you admire about their diligence and how it inspires you. Need help identifying someone? Do the 2-star exercise below to get the help and score more Progress Points in the process.

Ways Diligence Behaves

Think about the "blue jeans" definition of **diligence.** Here is a partial list of ways in which diligence behaves. Think about those behaviors and write the name of a person who is an admirable example of diligence in that way. Come up with one more way diligence behaves and identify a good example for that one too.

Is very good about double-checking just to make sure everybody involved knows what they need to know and do.

Makes sure to finish tasks on time.

Has a steady, unflustered demeanor because there are rarely last-minute forgotten details.

Clarifies expectations by asking, "Let me make sure I understand what you need me to do, when you need it and how you want it done."

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You're On Candid Camera!

What if a video crew followed you around all day recording your every move without your being aware? Now imagine reviewing that video at the end of the day watching every move, facial, verbal and tonal expression. Undoubtedly you would see yourself occasionally frustrated, rushed, or tense to some degree. Here's the question: **How often does that happen because you're having to make up for things someone else forgot to do or didn't think thoroughly enough?** For the next **five days** imagine viewing the video and record three times when you were flustered because of someone's lack of diligence.

Someone left me in a bind because…

Someone left me in a bind because…

Someone left me in a bind because…

********** Save this exercise. You'll be referring back to it on WEEK THREE. **********

Want all 30 diligence exercises in our full-color 60 page workbooks? **bit.ly/diligence-hardcopy** or scan the QR code.

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