

**See**

- Make it visual

**Create**

- Get hands on

**Reframe**

- Shift your mindset

**Unplug**

- Ditch the electronics

**Fail**

- Don't fear mistakes

**Fun**

- Make up games



# Exercises

Think back to your earliest childhood memories. What personal experiences do you now see limited your belief in your full potential?

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In what ways did that carry to adulthood? How do you see that you currently limit yourself in business as a result?

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# Exercises

Brainstorm some ways you could implement SCRUFF into your life and business:

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For each step, write at least one way you will use SCRUFF technology:

S \_\_\_\_\_

C \_\_\_\_\_

R \_\_\_\_\_

U \_\_\_\_\_

F \_\_\_\_\_

F \_\_\_\_\_