

## REFLECTION QUESTIONS CHAPTER 12

- == How can you build better accountability and rhythm in your company and personal life today?  
Write down one personal and one business action you can take in the next 90 days to improve accountability and develop better rhythm.
- == Do the workshops presented in this chapter resonate with you? Think about how you could carve out just four to six hours each month for personal and for business to help your teams deliver their 90-day Big Rocks.
- == It has been said that interval training is the most effective means of training and improving health. You race your heart up and rest, then race your heart up and rest, over and over again. 90-Day Sprints are short bursts of Relentless Execution, like interval training for your two concurrent paths: business and personal. Do you agree that using these sprints would improve your ability to be fast and flexible in both your business and your personal life?
- == Order a bottle of champagne, and put it in your wine cellar. When you hit the low point on your Wow Curve, 9 to 12 months after you start using the Value Acceleration Methodology, pop it open and share it with your teams to remind yourselves that you need to power through this tipping point.