

**Your Training Assignment  
And Personal Accountability**

*Male-dominated workplaces: the daily challenges*

I like the way we can look at the world differently. So when you feel like no one appreciates your “foo-foo bag” (listen to this week’s podcast for the story behind that one!), you can manage by keeping focus, staying positive and leveraging something that you know to be a strength of yours. Oh yeah ... keep a sense of humor too.

What did you gain from this month’s delving into the characteristics of the male-dominated workplaces? Hope you find something to incorporate long-term for you.

Then, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for you for holding yourself accountable to mentally focus on it. Get comfortable with a pattern that works for you.