



*Change your stories,  
change your life ...*

*Journal*

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**ROUND ONE**  
*Noticing*

**Give yourself points:**

- Watching the Primer Video. 5
- Noticing a story (5 points for each instance).
- AH HAH's (5 points for each insight).
- Game Changer (20 points for a major breakthrough).
- Reviewing Training Materials (5 points for each view, listen, and read).
- Reading E-book 5
- Filling out worksheet. 5
- Completing the test. 5
- Posting your experience on Telegram. 5
- Responding to another player on Telegram. 5

**TOTAL**

*Record and total  
all your scores  
for the round.*