

## Jerri Warren

Speech and Communication

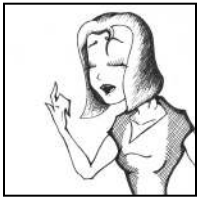
### EXERCISE #1 THE NIGHTMARE



Turn the cell off. Yes, I understand this is a bit like telling some to stop breathing for the next ten minutes, but do it anyway. Don't worry. It's just until the next exercise.



Now, remember three things: your name, where you live, and where you see yourself in five years.



Speak, out loud, those three things.  
Go ahead, put the book down and say - OUT LOUD - your name, where you live, and where you see yourself in five years.

**Why?** To focus on you, where you are and where you're going. Without that knowledge, you could go around the same mountain for forty years.