CORPORATE HARMONY

An Enlightened Approach to Leadership and Organizational Development

POSITIVE PRESENCE SKILL BUILDING JOURNAL

Name: _____

Date: _____



WEEK 1

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 2

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 3

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 4

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 5

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 6

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 7

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 8

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 9

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 10

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 11

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 12

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 13

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 14

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 15

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 16

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 17

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 18

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 19

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 20

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 21

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 22

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 23

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
   Yes, I completed a 'freebie' (if available) □

My Insights:

5. From Corporate Harmony's generic Behavior Questionnaire: Question #_____
   Yes, I read and asked myself "How can I do this better?"
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

WEEK 24

1. Weekly Conversation:
   - Read1 □
   - Read2 □
   - Read3 □
   - Listen1 □
   - Listen2 □

My Insights:

2. Personal Checkup:
   - Day1 □
   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights:

3. From Corporate Harmony's Book Store: Name of Book _____
   Yes, I read through one quarter □

My Insights:

4. From Corporate Harmony's Favorites Library: Name of website _____
   Yes, I read through everything □
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My Insights:

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   - Day2 □
   - Day3 □
   - Day4 □
   - Day5 □
   - Day6 □
   - Day7 □

My Insights: