

**WALK THE TALK LOG**

Mark Spencer

**Week of: May 6, 2019**

1. **Review:** Review your core values/guidingprinciples and select one where thereis a gap between your walk and your talk.
2. **Reflect**: Reflect on your behavior and describe how it was or was not congruent with your espoused values.
3. **Recommit**: Recommit by describing what you intend to do in the future to close the gap.

**Week of: May 13, 2019**

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