



HOST	LOCATION	TIME
Zacch	Christmas Run Park Park Avenue, Wooster, OH 44691	17:00 5pm

BOOK	AUTHOR	CHAPTERS
Slight Edge	Jeff Olson	1-3

AGENDA

17:00	Open Discussion & Intro
17:10	Chapter 1 Group Read
17:25	Chapter 2 Group Read
17:40	Chapter 1 & 2 Review & Action Steps
17:55	Activity & Homework Review
18:00	Meeting Conclusion

NOTES

This week, we begin our next book: The Slight Edge -Jeff Olson

The Slight Edge is a habit-oriented book with a heavy focus on how you can stack small habits to create large impacts in your life.

UPCOMING HOSTS

ON DECK

Meah

IN THE HOLE

Jason

WEEKLY QUOTE

“Do The Thing And
You Shall Have
The Power”

VISITORS

Jarret
Stephanie
Joas



BOOK ACTIVITY

WHAT SMALL, BENEFICIAL
ACTIONS ARE YOU
IGNORING?

BE MINDFUL

HOW COULD YOU BE SURE YOU'RE
DOING MORE OF THESE THINGS ON A
DAILY BASIS?

WHAT DOES YOUR DAILY ATTITUDE
LOOK LIKE? IS IT POSITIVE?

**ATTITUDE IS
EVERYTHING!**

WHAT ARE A FEW POSITIVE &
NEGATIVE ACTIONS YOU FIND
YOURSELF DOING?

**TAKE
ACTION!**

THIS WEEK, I WILL...
