the breakthrough coach

PO Box 890, Ponte Vedra Beach, FL 32004
T 904.280.3052
F 904.285.3081
www.the-breakthrough-coach.com

REQUEST FORM #3 - HOMEWORK

From: Course Leader **To:** Executives **Date**: Break 1

I request: You do “zero” school work tonight; Complete either Assignment A or B.

Satisfaction Requirements:

- Choice A - Spend the evening with your family.
  - Appoint your youngest speaking child in charge of the evening.
  - Have them tell you what your family is doing for entertainment tonight.
  - Be 100% present with your child(ren) from 5:00 - 10:00 pm.
- Choice B - Do something for your own personal satisfaction tonight.
  - See a movie, dinner with friends, exercise, get your nails done, go to bed early, read a book, binge watch your favorite show
- Email a picture of your activity to your course leader's email address:
  - _____

I want this request fulfilled by 10:00 pm