

Character: “the ability to meet the demands of reality.”

Integrity: “being a whole person, an integrated person, with all of our different parts working well and delivering the functions that they were designed to deliver.”

Reality: “not what we wish things were or think things should be or are led by others to believe they are. The only thing that is going to be real in the end is what is.” You must have “... the discipline to confront the most brutal facts of your current reality, whatever they may be.”

Reading Schedule:

Reading	Day	Date	Pages
1	Tuesday	5-Oct-21	263-268
2	Wednesday	6-Oct-21	268-274
3	Thursday	7-Oct-21	275-282
4	Friday	8-Oct-21	3-12
5	Saturday	9-Oct-21	13-21
6	Sunday	10-Oct-21	21-28
7	Monday	11-Oct-21	29-34
8	Tuesday	12-Oct-21	34-39
9	Wednesday	13-Oct-21	39-41
10	Thursday	14-Oct-21	99-105
11	Friday	15-Oct-21	105-110
12	Saturday	16-Oct-21	111-115
13	Sunday	17-Oct-21	116-121
14	Monday	18-Oct-21	121-125
15	Tuesday	19-Oct-21	125-130
16	Wednesday	20-Oct-21	131-138
17	Thursday	21-Oct-21	141-147
18	Friday	22-Oct-21	147-153
19	Saturday	23-Oct-21	153-159
20	Sunday	24-Oct-21	159-167
21	Monday	25-Oct-21	203-208
22	Tuesday	26-Oct-21	208-212
23	Wednesday	27-Oct-21	212-217
24	Thursday	28-Oct-21	217-222
25	Friday	29-Oct-21	222-228
26	Saturday	30-Oct-21	228-231
27	Sunday	31-Oct-21	232-235
28	Monday	1-Nov-21	87-94
29	Tuesday	2-Nov-21	94-96

Inflection Points:

- Why this book?**

 - Cloud understands the personal change process & anticipates obstacles.
 - The book drills down to a few main concepts to facilitate personal change and development (doesn't over complicate the process).
 - The book incorporates stories on nearly every page, which allows the reader to “live the process” before attempting to implement the material.
- Major takeaways:**

 - Character-building is an achievable process for anyone regardless of their background, life- or work-experience, or the contexts in which they live.
 - In a competitive world where people are tempted to demonstrate high success & achievement, those with integrity understand their strengths and limitations & are satisfied with life. Unhealthy competition is unnecessary.
 - Change is normal, does not provoke anxiety, & is therefore not intimidating.
- Organization:**

 - Create/maintain trust
 - Define/face reality
 - Bring results
 - Accept the negative
 - Productivity
 - Perspective/meaning

Recommended Development Pathway:

Follow the reading schedule noting relevant concepts. Meet with a friend or colleague 1x or 2x weekly to discuss and request/provide feedback. Create short-term goal and action plans to change an attitude or initiate a new behavior (see questions, below). Schedule in advance a recovery day or two to catch up on any missed reading or reflection time. Schedule a final session/coffee/lunch to share what you learned and what changes you have made with a trusted friend or colleague.

Questions:

- What are some frequent or recurring problems, challenges, or difficulties you face? Take 10 minutes to remember and describe in detail a typical difficulty.
- What are your knowledge deficits in this situation? How skilled are you with the processes that are in play in these situations? How do you emotionally engage and respond in these situations?
- Draw several memorable problem experiences on a timeline. What conditions or events led up to these events? Is there a pattern?
- Which stories from the book do you resonate with? Why these stories?