

FACET™ Tool – 360 Development Process

FACET™		What you will DO
F	<u>F</u>OCUS Choose one change in thinking and behavior	The ATTITUDE I am going to adopt is: _____ _____ _____ The ACTIONS that I am going to take are: _____ _____ _____ _____ _____ _____ _____
	<u>A</u>CCOUNTABILITY Tell someone who will remind you to do what you said you will do	I will ask: _____ _____ _____ to check me on my progress.
C	<u>C</u>ONSEQUENCES Choose positive and negative rewards for your actions	When I do the DO , I will motivate myself by _____ _____ When I don't do the DO , I will motivate myself by _____ _____
	<u>E</u>ASIER TO DO Eliminate roadblocks to your success	I will stop or eliminate _____ _____ to help me do the DO
T	<u>T</u>RACKING Record your progress	When I do the DO , I will track my success by _____ _____