BEFORE SEEKING ADVICE/COACHING/IDEAS:

What am I trying to learn? (or, what problem am I trying to solve?)						
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^{*}If you don't have business rules/values written out it's a HIGHLY useful thing to try. Imagine you are making your own rulebook for your business. What are the rules that you want your business to follow day in and day out? What are the values you want to uphold?

AFTER SEEKING ADVICE/COACHING/IDEAS:

How does what I learned apply to ME and to MY specific business?					
Does what I learned fit into my business rules/values? If YES, how do I want to USE what I have learned? If NO, why am I still thinking about applying this in my business at all?					