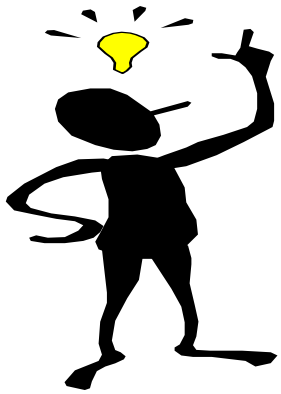
IDEA CATCHER



Don't let a good idea get away!

Research shows that if you use an idea within 24 hours of learning it, you're more likely to integrate it permanently. Don't waste the hours you'll spend in training by forgetting things you want to use! If you hear or think of something, jot it down - Right then - so you don't lose it!

My Ideas are: