



Seminar Theme: _____ **Date:** _____

“Information without implementation leads to depression. Keep it simple and doable”

Top 10 Highlights from my TLC Seminar

What I want to leave this seminar with _____

Procedure _____

“Whys” or Philosophy _____

Class I

1. _____ 2. _____
3. _____ 4. _____

Class II

1. _____ 2. _____
3. _____ 4. _____

Class III

1. _____ 2. _____
3. _____ 4. _____

Class IV

1. _____ 2. _____
3. _____ 4. _____

Class V

1. _____ 2. _____
3. _____ 4. _____

Signature: _____