

My Journey Tracker

Name _____ Work location _____

15 steps and 3 surprise gifts from TLEX. Tick each step when you finish it. Every 5 steps earns a gift.



STEPS 1 TO 5

First Gift

- | | | | |
|--------------------------|---|--|------------|
| ☐ | 1 | Read one TLEX newsletter edition | Date _____ |
| ☐ | 2 | Do the one-minute reset on the portal | Date _____ |
| ☐ | 3 | Watch one Centered CXO talk | Date _____ |
| ☐ | 4 | Open one of the free guides | Date _____ |
| ☐ | 5 | Attend one Well-Being Meditation Session | Date _____ |

All five done? Email a photo of this page to excellence@tlexinstitute.com to claim your first gift from TLEX.



STEPS 6 TO 10

Second Gift

- | | | | |
|--------------------------|----|---|------------|
| ☐ | 6 | Finish the Centered Self climb and get your certificate | Date _____ |
| ☐ | 7 | Read all five Human Performance Journey editions | Date _____ |
| ☐ | 8 | Watch all five Centered CXO talks | Date _____ |
| ☐ | 9 | Read the Mind Matters magazine | Date _____ |
| ☐ | 10 | Attend three Well-Being Meditation Sessions in total | Date _____ |

All five done? Email a photo of this page to excellence@tlexinstitute.com to claim your second gift from TLEX.



STEPS 11 TO 15

Third Gift

- | | | | |
|--------------------------|----|---|------------|
| ☐ | 11 | Do the one-minute reset on 10 different days | Date _____ |
| ☐ | 12 | Read every newsletter edition | Date _____ |
| ☐ | 13 | Read three posts on the TLEX blog | Date _____ |
| ☐ | 14 | Attend five Well-Being Meditation Sessions in total | Date _____ |
| ☐ | 15 | Complete the TLEX SKY Immersion Retreat | Date _____ |

All five done? Email a photo of this page to excellence@tlexinstitute.com to claim your third gift from TLEX.