

ARM YOURSELF

You need an un-interrupted 20 minutes for this exercise. Find a quiet room, switch off the phone, close your email. Download the "Arm Yourself" skills list by clicking on the journal button under the video and print it out.

You can't slay dragons without a horse, a sword and some serious kick-ass jousting skills. If you want to be a Galahad you must arm yourself and share your skills with the rest of Camelot. Objectively self-identifying your skill sets is an important part of your Camelot experience.

We use your skills (your List of Arms) to make sure that we place you at a diverse and exciting roundtable. You use your skills to help you identify quests you would like to embark on. Other Galahads use your skills to help them identify sources of support or partnership.

No timer this time. Take out your worksheet and read through the list of skills. Check off every skill where you would consider that you have an "excellence" level of knowledge. Not beginner knowledge, not intermediate knowledge, but expert level. If you were asked could you teach a class on this skill... could you?

It is NOT important how many of these skills you have. Camelot is a place to learn and grow and a **Galahad knows what she doesn't know.**

We know we haven't captured everything – do you have a kick-ass skill you know would help other Galahads that you would like to add to the list? Visit <http://www.thegalahads.com/submitnewskills> and enter them there.

THE BEST THINGS THAT EVER HAPPENED TO ME AND THE ACHIEVEMENTS I AM PROUD OF



MY ARMOUR	I HAD A ROLE IN MAKING THIS HAPPEN	I COULD QUANTIFY THIS CLAIM
		
		
		
		
		
		
		
		
		
		