**CWA Class Notes – Unit: Success January 16, 2018 EQ: What mindset & activity are needed to be more successful?**

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| **Article1: “Why Focus” article****1.Read & annotate article:** 1. **What is the difference between mindlessness and mindfulness? (¶ 3-7)**
2. **What are “high achieving” people [like Steve Jobs] able to do? (¶8-9)**
 | **-Mindlessness is…** **Mindfulness is…*****Therefore the difference is…*****-High achievers…** |
| **Article 2: “Outliers” excerpts****2. Read & annotate the article:**1. **What is required to achieve “world class” skill?**
2. **What do “high achieving” people [like Bill Gates] DO to reach their goals?**
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| **Answer EQ:**  |  |