

The logo for 'My Coach Life' features three interlocking circles in orange, green, and blue on the left. To the right, the word 'My' is written in a cursive script, 'Coach' is in a bold blue sans-serif font, and 'Life' is in a black sans-serif font with a 'TM' trademark symbol above it.

# My Coach Life<sup>TM</sup>

## *Sample Getaway Checklist*

---

*A sample Getaway checklist from the book *Leadership for Introverts*. Learn more at [www.leadershipintroverts.com](http://www.leadershipintroverts.com)*

Here are some items you may want to bring with you on your getaway. The first list is if you are going alone, the second list is an add-on if it will be a team event:

- Laptop computer.
- Backup of important files (flash drive, external hard drive, etc.).
- Extension cord, surge protector, network cabling.
- Pad of paper.
- Extra pens, pencils, colored pencils, chalk (in case you find a nice sidewalk), etc.
- Related books, magazines, etc.
- Healthy food (high carb and high fat foods will not help you think at peak performance).
- Itinerary (check the local are for fun things to do in advance).
- Inspirational music.
- Appropriate clothing and shoes for the destination.
- Cell phone and charger.
- All incidentals (toothbrush, comb, etc.).

Add-ons for teams:

- Separate, good-sized computer monitor with appropriate cables.
- White board and pens.
- Presentation pads and pens.
- Nerf guns (Not! The extroverts won't let anything get done. Of course, us introverts would never resort to such childishness, so only bring one for yourself.)