



EP. 109 FANDUEL CEO AMY HOWE

WITH HOST DON YAEGER

- (4:40) Grit is a _____ you need to develop and build over time, it doesn't matter how old you are, you will always have peaks and valleys in life.
- (5:30) "My athletic coaches showed me what it looked like to really invest in somebody."
Reflection Question: Who modeled this for you? Consider writing them a note to say thank you.
- (9:15) There isn't a single person in the world that isn't _____.
- (9:40) Being a good listener is a lost art.
Reflection Question: What reminders can you insert in your next meeting that will help you listen to understand instead of listening to respond?
- (16:30) I build in time for myself to think. If you are in _____ all day long, it is difficult to do higher quality, deeper thinking, so I actively manage my calendar to block time to prepare and think about what is coming.
- (17:15) If you have to think about complex strategy or review a document in a thoughtful way, coming in and out of it is not helpful.
Reflection Question: What needs your full attention this week? Block hours leading up to the event to prepare and think.

answers: 4:40 muscle, 9:15 working on something, 16:30 transactional meetings