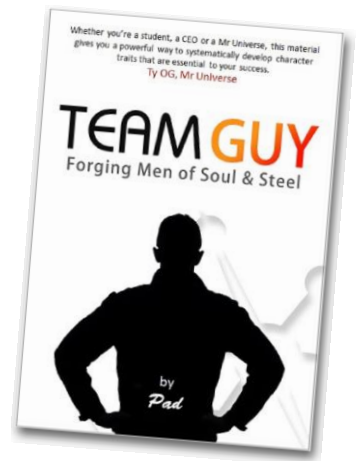


Forging Soul & Steel WORKSHEET

Chapter 1 Actions



Awakening the Warrior: Review – Assess - Plan (R.A.P.)

It's time to review your past and current performance, assess what needs to change and plan specific steps that will forge a new path into a better future.

- From 0 to 10, how strong would you say the character of the Warrior currently is in your life?

0 1 2 3 4 5 6 7 8 9 10

- What area of your life could be improved if you became a little more warrior-like in the way you went about things?

- Going forward, what three things could you do to build the Warrior within you? (Hint: committing to reading a chapter a day of TEAM GUY counts! 😊)

1. _____

2. _____

3. _____

- What **one thing** will you, a) commit to and b) schedule right now so that you get yourself in motion?

What: _____

When: _____