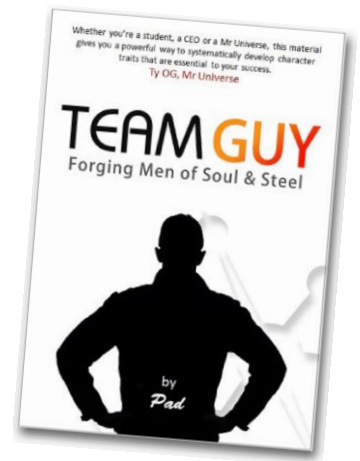


Forging Soul & Steel WORKSHEET

Chapter 2 Actions



Prove Your Worth: 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.

- Where in life do you feel (or know) you have already proven yourself worthy?

- Where in life do you feel less than adequate? List at least three areas. (Yes, honesty and vulnerability is required to complete this task. That's all part of the process.)

1. _____

2. _____

3. _____

- For each of these areas, what one thing can you do to develop your strength where you currently feel weakness?

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: _____