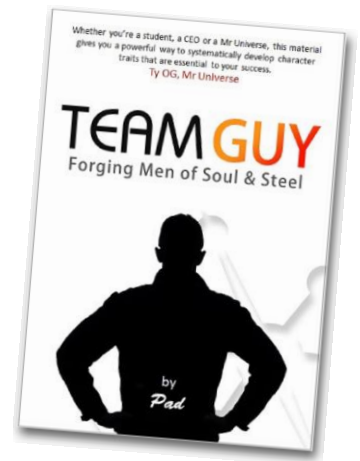


Forging Soul & Steel WORKSHEET

Chapter 3 Actions



Endurance: 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.

- In what area of life are you currently enduring continual discomfort, opposition or pain?

- What do you say to yourself or *could you say to yourself* to ensure your endurance mojo kicks-in?

- Where, being honest, do you need more endurance? And how would it benefit you, and those you can impact, if you developed this trait further?

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

What: _____

When: _____