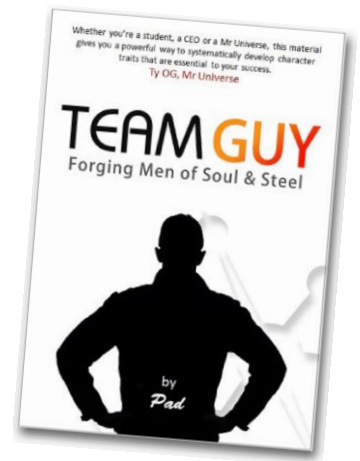


# Forging Soul & Steel WORKSHEET

## Chapter 4 Actions



### Planning: 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.

- What does 'Excellence' mean to you in your own life? (Not other peoples' ideas but your own.)

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- In what areas of your personal or professional life are you operating in a less-than-excellent state?

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- How could you measure excellence in these areas and hold yourself accountable to a higher standard?

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

What: \_\_\_\_\_

When: \_\_\_\_\_