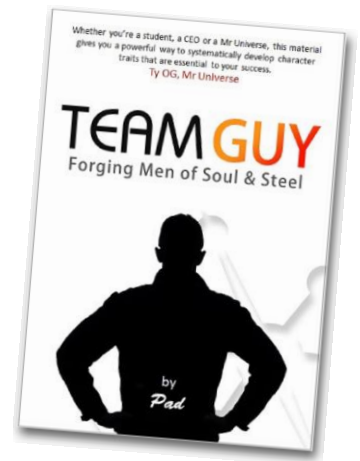


Forging Soul & Steel WORKSHEET

Chapter 6 Actions



Research: 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.

- List 3 areas of your life that do, or will, require detailed research over the coming 6-12 months:

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

What: _____

When: _____