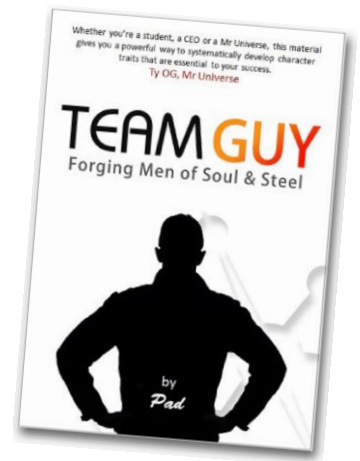


# Forging Soul & Steel WORKSHEET

## Chapter 8 Actions



### Know Your Enemy: 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.

- Who do you regard as your competitors? How well do you think that you know them?

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- How many excuses, big and small, do you tend to make each day for less than perfect performance? What can you do to address this - forever?

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- What is your primary metaphor when it comes to your work or business? Is there a more empowering metaphor you could now adopt?

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- In what ways are you working against yourself, your team, your mission?

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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: \_\_\_\_\_