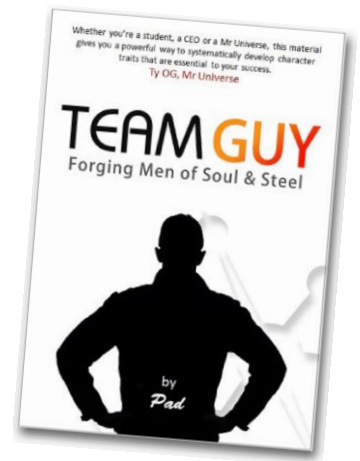


Forging Soul & Steel WORKSHEET

Chapter 9 Actions



Speed: 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.

- Is there anything in your life that is unnecessarily slowing you down – something you've tolerated for too long or given too much importance in the grand scheme of things?

- What daily tasks could you quite simply do in less time – without loss of quality?

- What is one skill that you often need to rely on that you could improve and rehearse so that, at the required time, you can deliver effectively, at speed? (Typing, maybe?)

- If you could go faster, how would you do that?

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

What: _____

When: _____