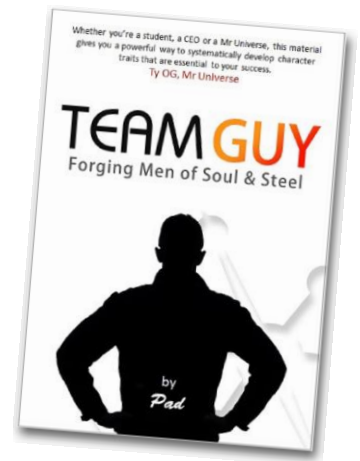


Forging Soul & Steel WORKSHEET

Chapter 10 Actions



Aggression: 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 is your natural response when facing confrontation?

- In what areas of life are 'proceeding towards' clear, desirable outcomes?

- In what areas of life are 'proceeding towards' threats that would be better removed, defused or resolved?

- In your personal relationships, what one thing could you 'go at aggressively' that your girlfriend or spouse would appreciate?

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

What: _____

When: _____