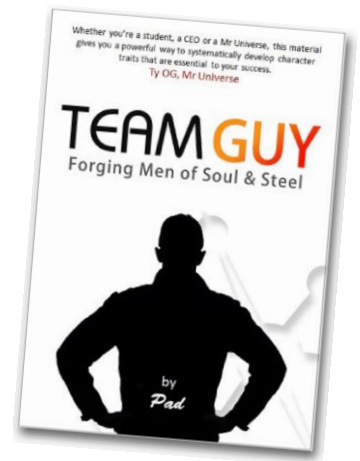


# Forging Soul & Steel WORKSHEET

## Chapter 20 Actions



### Desire: 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 greatest/most compelling ambition at this point in your life?

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- How would your life be different if you attained this one thing?

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- Do you want it enough to change your habitual patterns, lay aside personal comforts and make genuine sacrifices to achieve this aim?

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- Describe the resistance you feel from others or from the general circumstances?

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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: \_\_\_\_\_