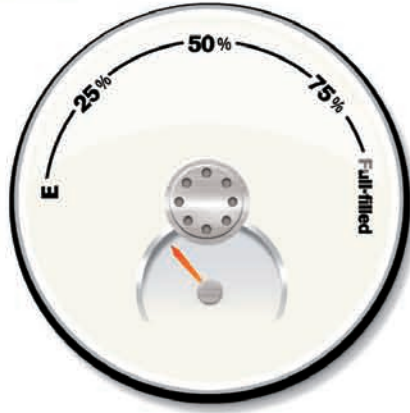


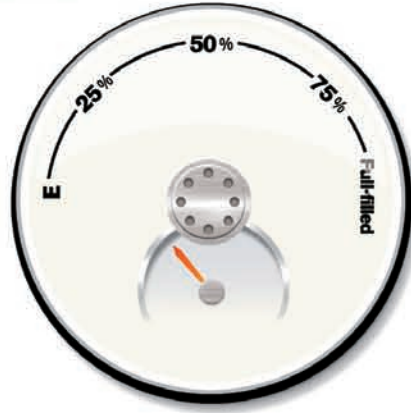
1 LAST WEEK

What % of last week did you spend doing things that you really like to do?



2 THIS WEEK

What % of this week will you spend doing things that you really like to do?



3 FREE STRENGTHS

What actions will you take this week to FREE up your Strengths?

- _____
- _____
- _____
- _____

4 STOP WEAKNESSES

What actions will you take this week to STOP your Weaknesses from getting in the way?

- _____
- _____
- _____
- _____