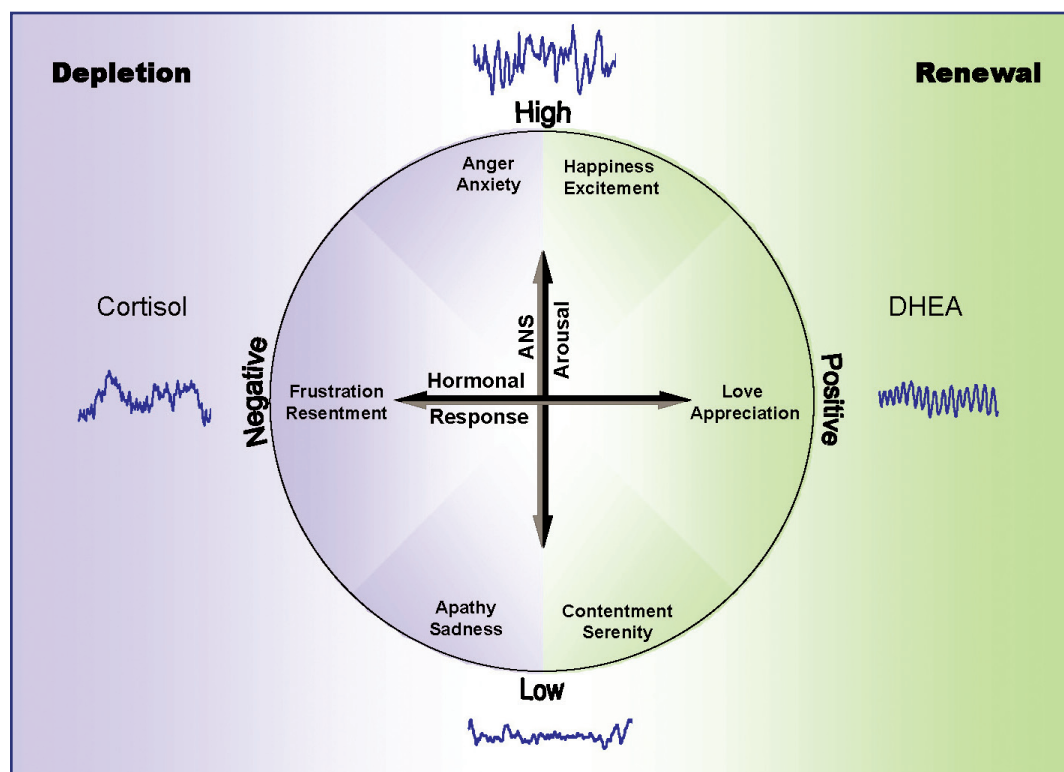


MY DEPLETION TO RENEWAL PLAN



STEP 1

What do you hope to accomplish?

STEP 5

What emotions and behaviors typically get in the way of accomplishing your goal?

STEP 2

Consider all the emotions you have been experiencing over the last few days and write them in the appropriate quadrant.

STEP 6

What thoughts, attitudes, behaviors or emotions will help you achieve your goal?

STEP 3

Write the word 'Now' where you spend most of your time.

STEP 4

Write the word 'Goal' where you would like to spend more time.

Rx