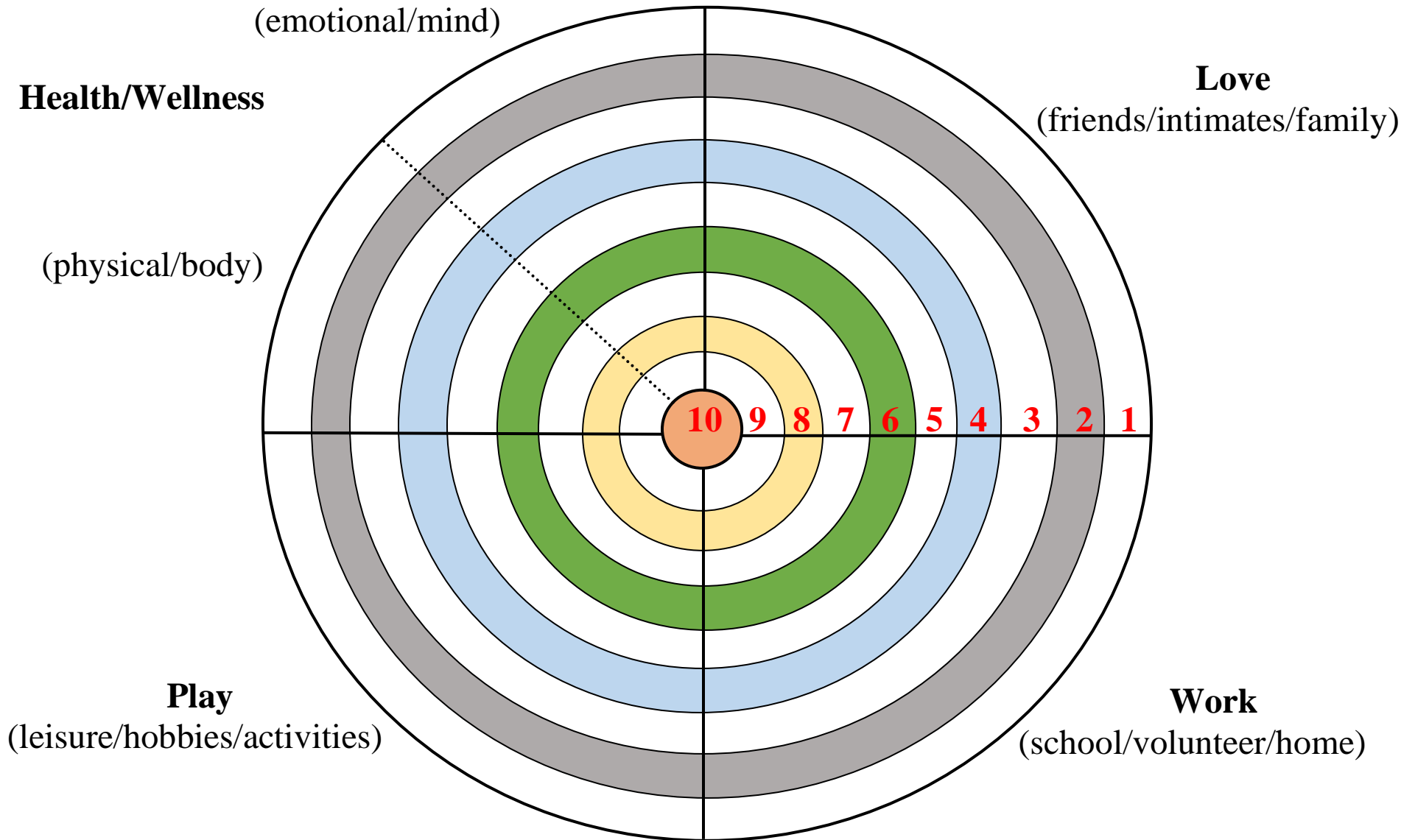


ACT VALUES BULLSEYE

(A=accept, C=choose/commit, T=take action)



Put an X in each area of the board (Love, Work, Play, Health-body, Wellness-mind) to represent where you stand over the last week and then track daily using (M, T, W, R, F, S) with taking Sundays off to review results. A mark in the bullseye means you are living fully by your values in that area. A mark away from the center means you are inconsistent with who/what is important. Now think about the simplest things to do to act according to your values.