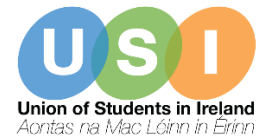




Thinking about to-do lists

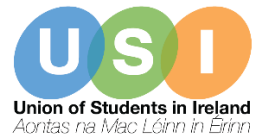


Think of one of your goals.

What are the concrete items that will help you to move this forward?

What are all the steps involved in this project?

What are the most important things to do next?



What emotions do you feel when you look at this list? Why?

What on this list concerns you? Why?

What on this list will be the easiest for you to get done?

How do you want to use this list to move forward?

How will you celebrate as you complete this list?