


F	Get Help	C CHECK YOUR GOAL	G Take Five	
<ul style="list-style-type: none"> <input type="checkbox"/> Don't try to do everything yourself. Help others and they will help you. <input type="checkbox"/> Study great achievements and great achievers, and look for signs of coordinated efforts. 		<ol style="list-style-type: none"> ① Write down your goal in a way that allows flexibility in how you achieve it. ② Enjoy the journey as much as the destination. ③ Divide your goal into manageable sub-goals for the current week. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take regular breaks of five minutes or more. <input type="checkbox"/> Use music to change your mood and let go of tension. 	
B	CHECK OTHERS	Recover Your Rhythm		D CHECK YOUR RESULTS
<ol style="list-style-type: none"> ① Check for signs of broad mindedness and broad vision. ② Ask people to talk about their goals, and see what you can learn about them. ③ Don't catch tension from others which doesn't belong to you. 		 <p style="writing-mode: vertical-rl; font-size: small;">rhythm of pressure and release</p>	<ol style="list-style-type: none"> ① Review and rewrite your goal statement to keep on track. ② Talk about your progress to others to celebrate your success. ③ Track your progress on GOALSCAPE™ Software. 	
E	Make a Wish List	A CHECK YOURSELF	H Forget and Forgive	
<ul style="list-style-type: none"> <input type="checkbox"/> Some goals can wait. Give them a good place to incubate. <input type="checkbox"/> Spend time dreaming as well as planning and executing. 		<ol style="list-style-type: none"> ① Check the mirror and your photos, and release the tension in and around your eyes. ② Listen to your conversations and looks for signs of a one-track mind. ③ Look at your schedule and keep your calendar balanced. 	<ul style="list-style-type: none"> <input type="checkbox"/> Be easy on yourself. Don't carry your tension to bed. <input type="checkbox"/> Laughter opens your heart and mind. The more you laugh the more you release. 	