

UNIT 6

Build Your Action Plan

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... ..
... ..

TOOL 1

G B B (A)
... ..
ACE (A)
C E



... ..
... ..
... ..

S B B
... ..
... ..

TOOL 2

E **S** **M**



During these times, it can be helpful to take a step back to let your body and mind “reboot.”



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... ..

P
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... ..

SIGHT

START SCRIPT

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‘ ‘ ‘ ‘ ‘ ‘
‘ ‘ ‘ ‘ ‘ ‘

S **S** , , , , , ,

I **I**

A **A** , , , ,

R **R** .

I **I**



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