



## REFLECTIONS FOR THE RESCUE

### CHAPTER 18: FORTY AND FAT ACTION PLAN

#### RESPOND:

What tip for paying attention resonates most with you? How will you utilize that tip in your day-to-day life? Think about your answer. Then write it down.

#### REFLECT:

In what area of your life do you tend to drift off course?

How do you know when you are drifting?

How can paying attention to your life help you focus and stay on track?