



REFLECTIONS FOR THE RESCUE

CHAPTER 25: PUT A LITTLE SUGAR ON IT ACTION PLAN

RESPOND:

- Walk through the ninety-day exercise presented in this chapter. Pick three things you can do to work toward that goal. Make those tasks a priority and decide on a point in the future when you will review your progress.

REFLECT:

Listen to your life. What hopes do you have for it/.

What about your life would you like to change in the next year?

Our thoughts and our feelings can inform us, but they don't get anything done. What action needs to accompany your hopes and desires?