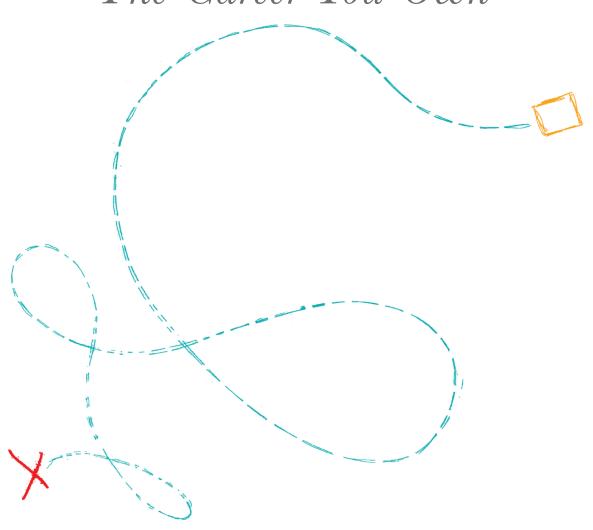
Now It's Clear

The Career You Own



Challenges, Opportunities and Pivotal Events

In the experience of walking, each step is a thought. You can't escape yourself.

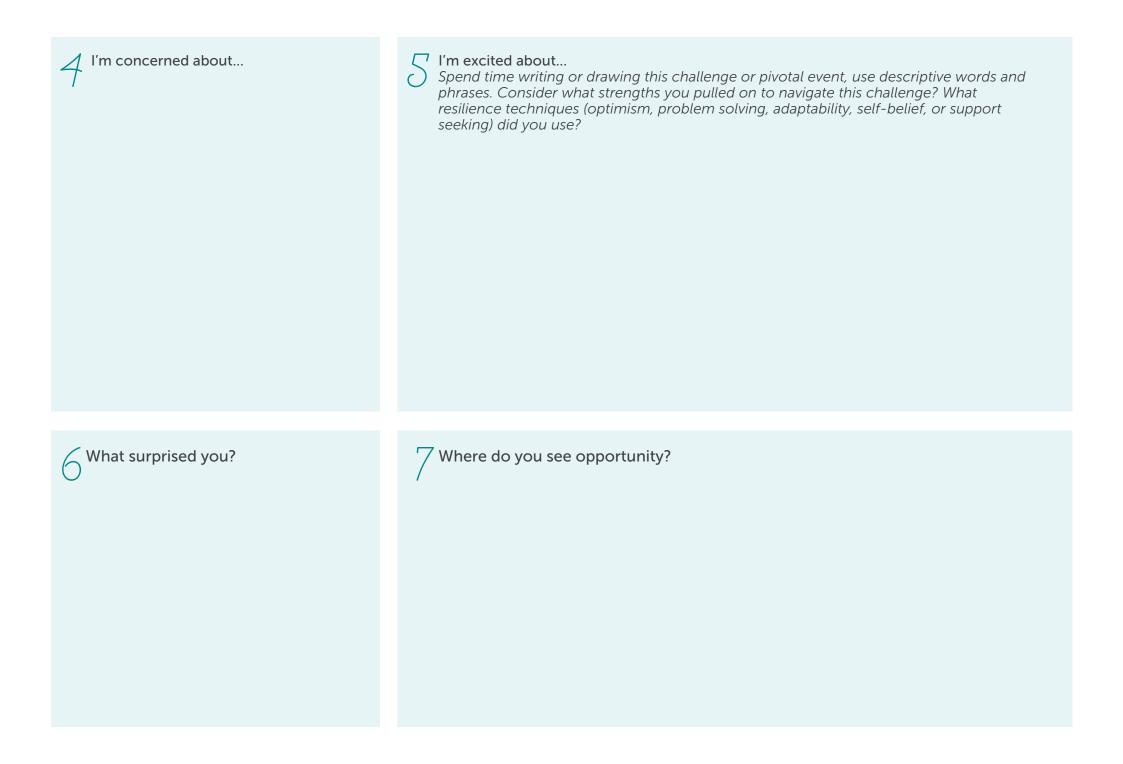
-Frederic Gros

Reflective Exercise

The biggest challenge I am facing now is...

The biggest opportunity on the horizon is...

I'm spending the majority of my time on...



Goal Check-in

Take a few minutes to review your goals and determine where are you on your goals? Have they changed? Has anything happened to alter your progress?

Things I will start d (purpose, heath, we	
-	
Things I will stop d	oing

S	M	Т	W	Т	F	S

Eleven Commandments for Writing Well by Henry Miller

- 1. Work on one thing at a time until finished.
- 2. Start no more new books, add no more new material to "Black Spring."
- 3. Don't be nervous. Work calmly, joyously, recklessly on whatever is in hand.
- 4. Work according to the program and not according to mood. Stop at the appointed time!
 - 5. When you can't create you can work.
 - 6. Cement a little every day, rather than add new fertilizers.
 - 7. Keep human! See people; go places, drink if you feel like it.
 - 8. Don't be a draught-horse! Work with pleasure only.
- 9. Discard the Program when you feel like it-but go back to it the next day. Concentrate. Narrow down. Exclude.
 - 10. Forget the books you want to write. Think only of the book you are writing.
 - 11. Write first and always. Painting, music, friends, cinema, all these come afterwards.