

Elan
(context I am inspired to create)

Commitment(s)

Practice(s)

1.

2.

3.

4.

5.

6a.

7a.

Strengths

My Wall

**Mattress Light -
Mattress (4)
Protection Phrase (3)
Camouflage (Fatal Flaw) (7
top)
True Anxiety (7 bottom)**

**Purpose
(Why does it matter?)**

**Professional
Strategic Challenges
(from mind map)**

8.

**Diversion -
Performance Fantasy (4)
Diversions (6)**

6b.

7b.

**Areas for Improvement
Counterproductive Behaviors
Mattress Prep Behaviors
Making Bad Behaviors**

**UTM -
C- Zone (2d)
Hall Pass (3d)
My Wall (4d)

Main Desired and Dreaded
Images**

**Purpose
(Why does it matter?)**

**Personal
Strategic Challenges
(from mind map)**

9.

10.

11.

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