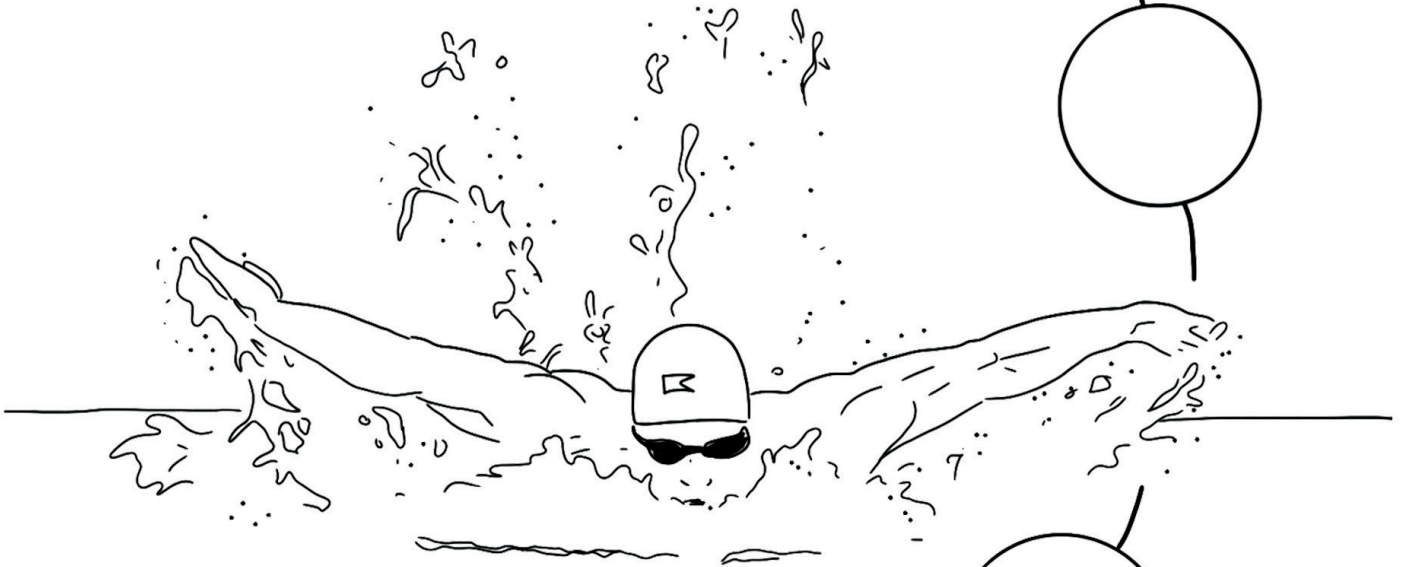
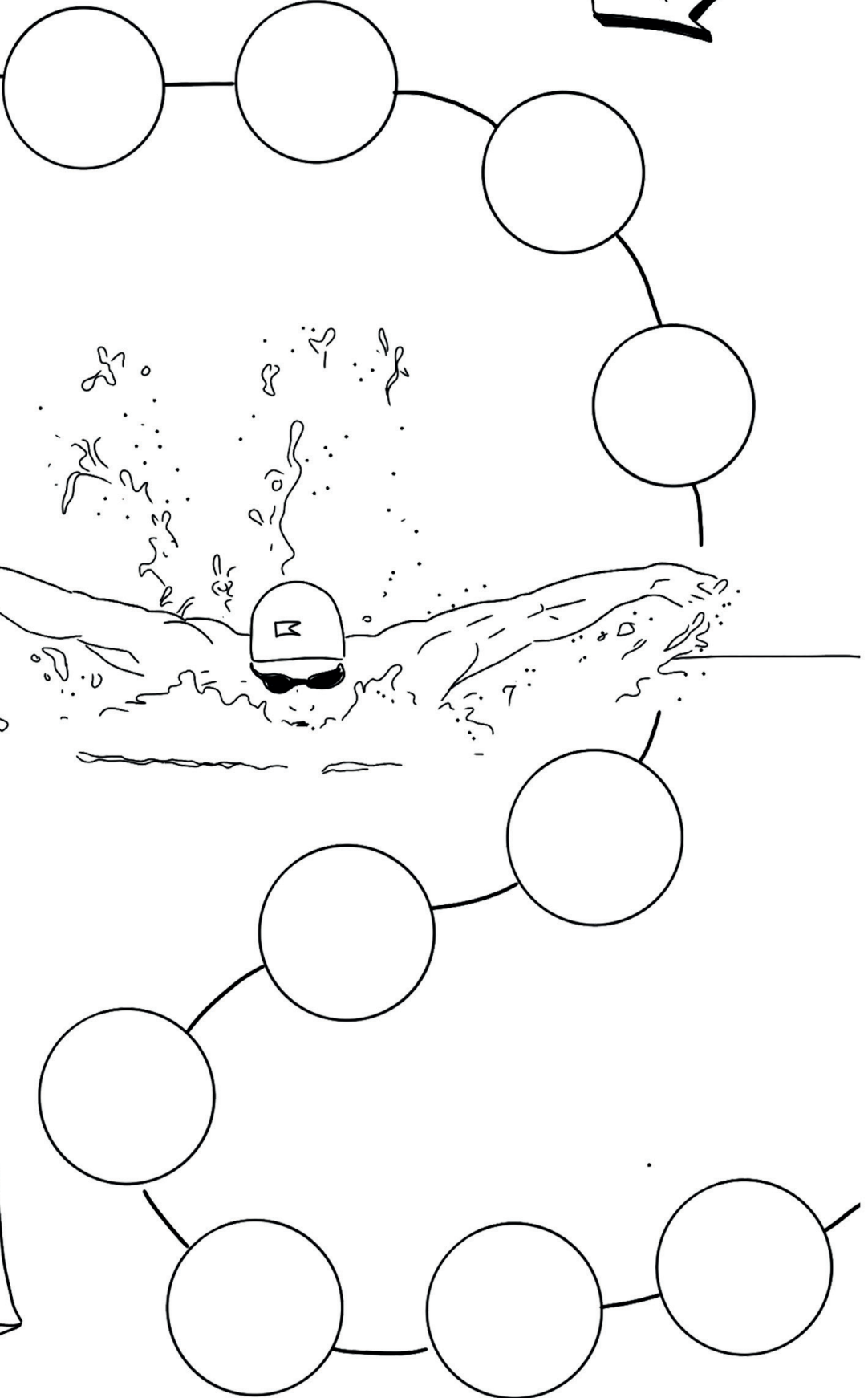


# FIRST THINGS FIRST

THE WORKSHEET

WHAT'S IMPORTANT NOW? AND NOW? AND NOW?

TODAY



TAKE THIS WORKSHEET WITH YOU AS YOU NAVIGATE THROUGH YOUR DAY... ADD YOUR W.I.N.s AS YOU GO (OR SWIM...)