

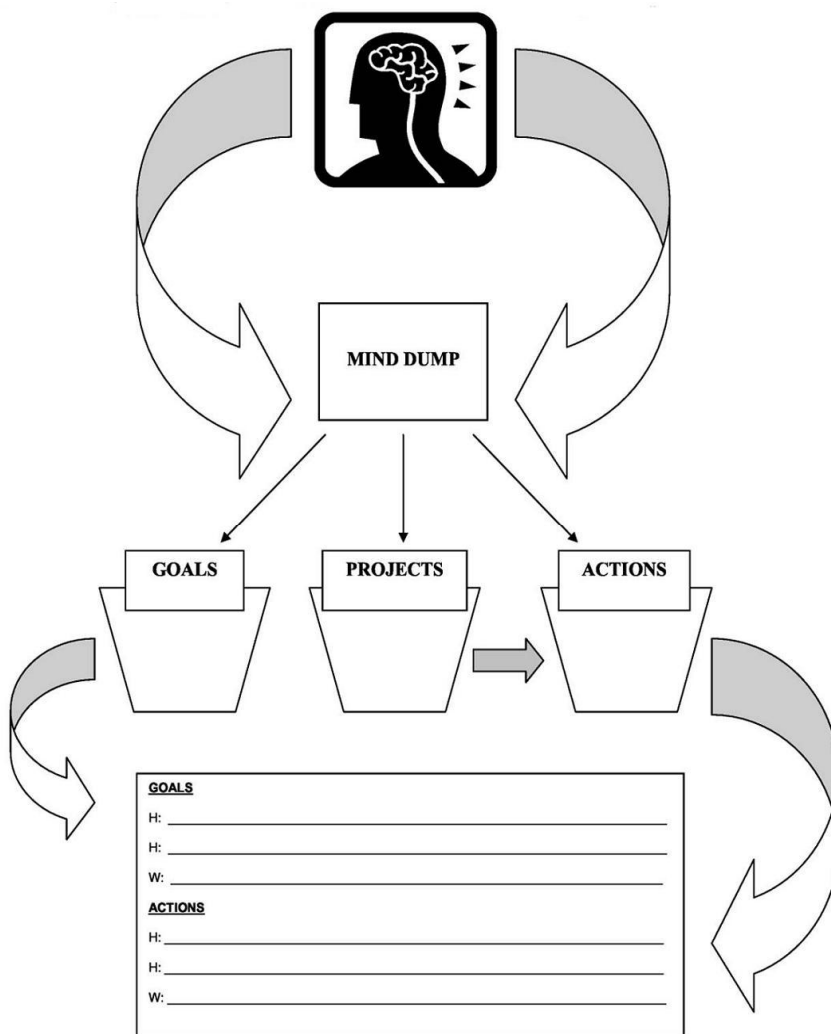


“Goals must INSPIRE you or they will EXPIRE you!”

- Jim Bunch

This exercise will help you to clear your head and allow you to focus on your game, freeing yourself of overwhelm. Think of a computer; if it has too many programs running it slows down and eventually crashes. Your mind is the same...when it has too many things swirling around inside, it slows down and drains you; keeping you from focusing. Do this exercise anytime you feel overwhelmed.

Refer to the following diagram to see how the Mind Dump process works, then begin with the 2 steps that follow.



WHAT'S YOUR GPA

The next step is to separate them into GOALS, PROJECTS, and ACTIONS based on the definitions from this lesson. From this you can then decide what to hold on to in the game and what to let go of.

GOALS	PROJECTS	ACTIONS