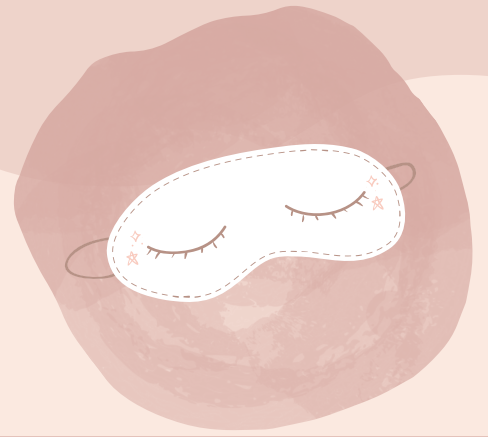


ACCUMULATING + IN THE LONG TERM

STEP 1

Avoid Avoiding.



STEP 2

Identify values.



STEP 3

Identify one value to work on NOW.

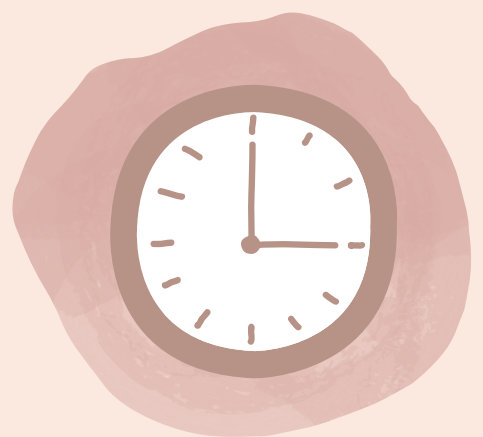


STEP 4

Identify a few goals related to value.

STEP 5

Choose one goal to work on NOW.



STEP 6

Identify small action steps toward your goal.

STEP 7

Take one action step NOW.

