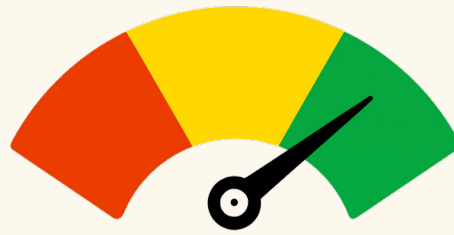


AT YOUR BEST



OPTIMAL GREEN ZONE FOCUS CHEAT SHEET

What can I do today/in this season that will have a significantly positive impact?

What few things (or one thing), when done well, will help move the cause forward?

What activities, when I repeatedly do them, help me make meaningful progress?