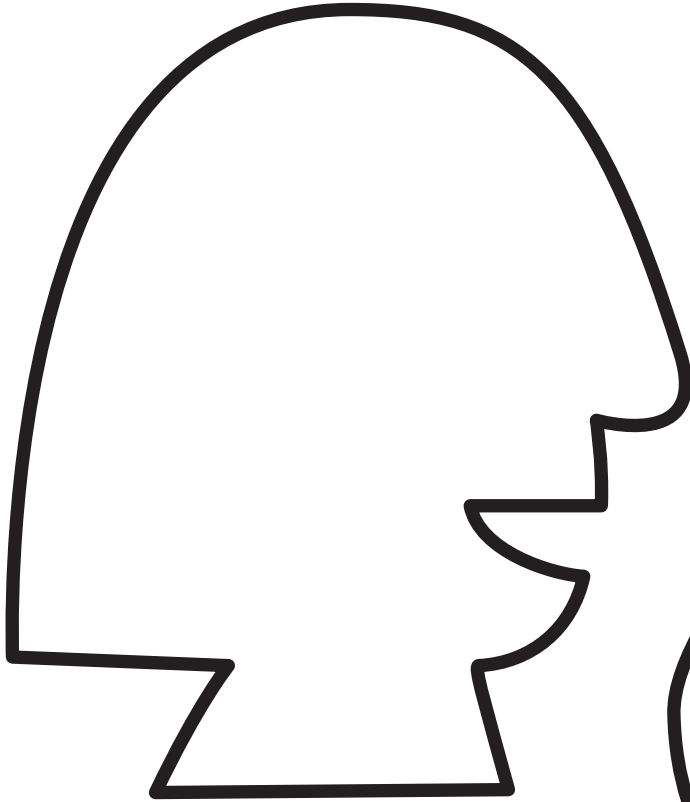


Head, heart, hands



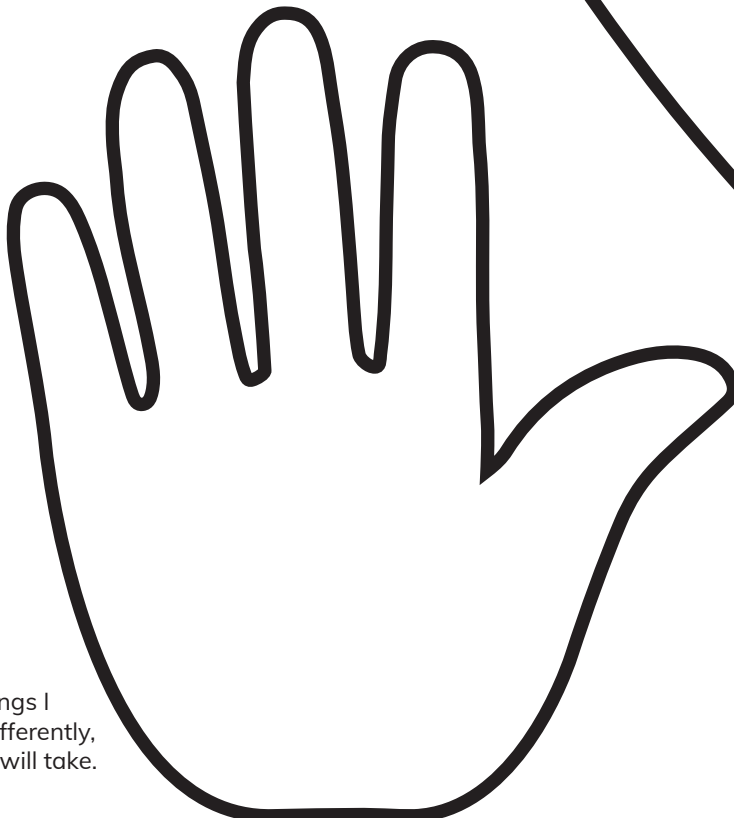
INDIVIDUAL
EXERCISE



New ideas, concepts,
information, analysis.



Feelings,
discoveries
about yourself,
changed attitudes.



Skills, things I
will do differently,
actions I will take.