

PART _____ DATE _____

☐ 1. Have I carried out all the tasks in the chapters?

☐ 2. If applicable. Have I practised the methods?

☐ 3. Have I captured all of my work and thoughts by writing them somewhere?

☐ 4. Do I need to create any audios?

☐ 5. Have I got the most out of this part and its chapters, or do I need to revisit anything?

1. Congratulations on completing the next phase of your growth.

☐ 2. Carry out your celebration of that success.

☐ **3.** Visualise and enjoy that feeling of succeeding.

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