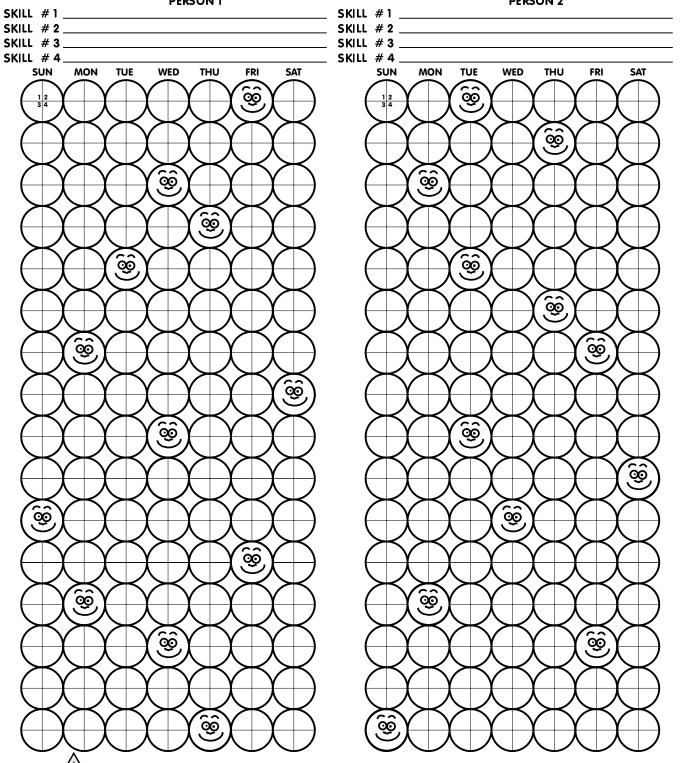
## IF YOU DO ANYTHING 100 TIMES YOU WILL GET PRETTY GOOD AT IT.

USE THIS GRID TO MARK EACH TIME THAT YOU DO A HOMEWORK ASSIGNMENT. THERE ARE 4 QUADRANTS IN EACH CIRCLE. YOU CAN KEEP TRACK OF 4 PIECES OF HOME WORK, OR DO ONE 4 TIMES A DAY IF YOU WISH OR JUST FILL 1 CIRCLE FOR 1 HOMEWORK. ( ) = DAY OFF) PUT THIS UP ON YOUR FRIDGE OR BATH-ROOM MIRROR AS A REMINDER OF YOUR - DISCIPLINE - MASTERY - WINS!

PERSON 1

PERSON 2



R&M SEMINARS

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.