

RYIG Action Steps Checklist (From Chapter 15)

For your convenience, here's a checklist of the action items from the "Action Steps" chapter of *Raise Your Inner Game*.

ACTION ITEM	COMPLETION DATE
<input type="checkbox"/> Re-read the book	_____
<input type="checkbox"/> Set up your tracking sheet	_____
<input type="checkbox"/> Create reminders for each item you're tracking, and put them where you'll see them	_____
<input type="checkbox"/> <i>Go!</i>	_____
<input type="checkbox"/> Start an Inner Game Journal	_____
<input type="checkbox"/> Explore the additional resources at davidlevin.com/ryig	_____