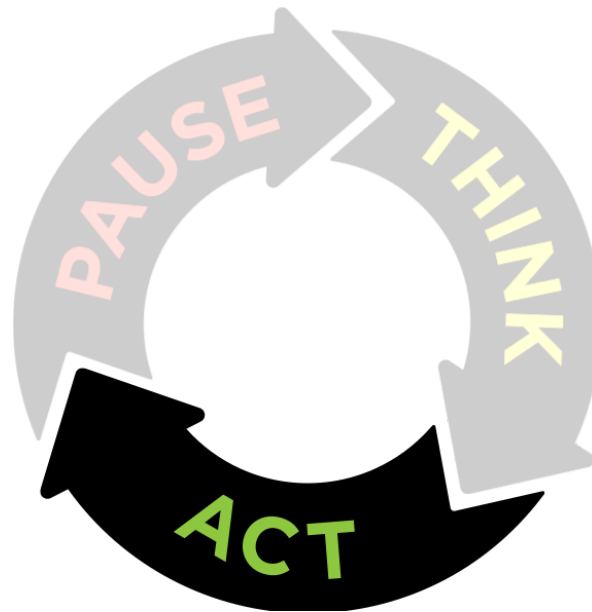


# Chapter 5: Act



## ONE-MINUTE WORKOUT

Your training plan and one-minute workout is to identify where you need to Act in your life.

What's getting in the way of you shooting or passing the ball? What would help you to Act and execute the play?

## REPLAY

Act is:

- Executing the plan
- Taking the shot
- Deciding to move forward, thoughtfully

Act is not:

- Behaving impulsively
- Overreacting
- Doing something you later regret