## **FIVE WAYS I CAN SPF "MY" LIFE**



| How do I use the "RULE OF R's" in my life: |
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| On a daily basis This is how I work:       |
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| How do I set the narrative in my own life? |
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| Do I know my ShiTUFF? - How do I find out more? |
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| Create Change - Now v. Future?                  |
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