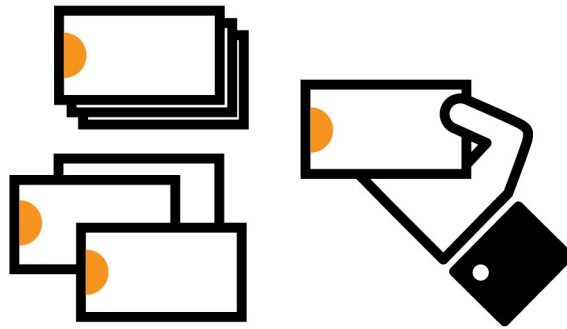
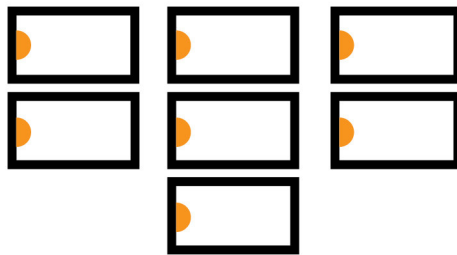


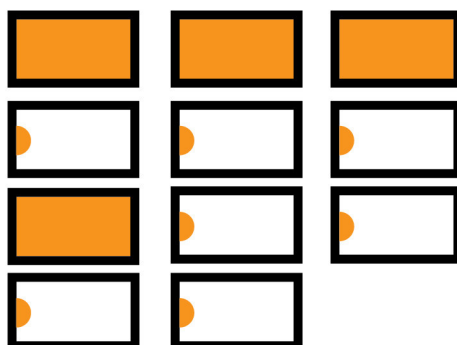
BRIEF USER GUIDE
DECIDE TIME FRAME OF PLAN



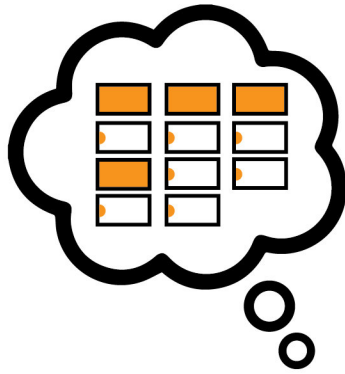
1. SELECT FOCUS



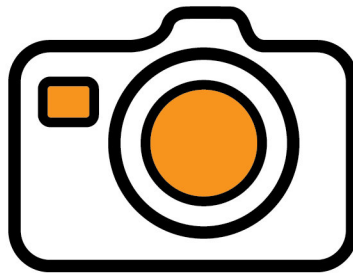
2. GROUP CARDS



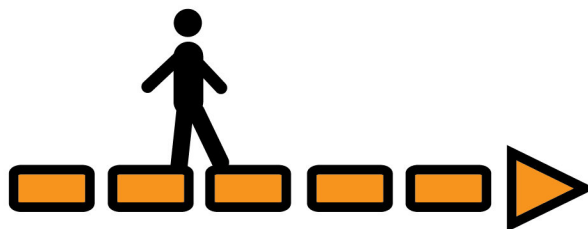
3. LABEL GROUPS



4. REFLECT on INSIGHTS



5. RECORD by PHOTO



6. PLAN and ACT



7. REVIEW PROGRESS

GO BACK TO STEP 1 FOR A NEW TIME FRAME