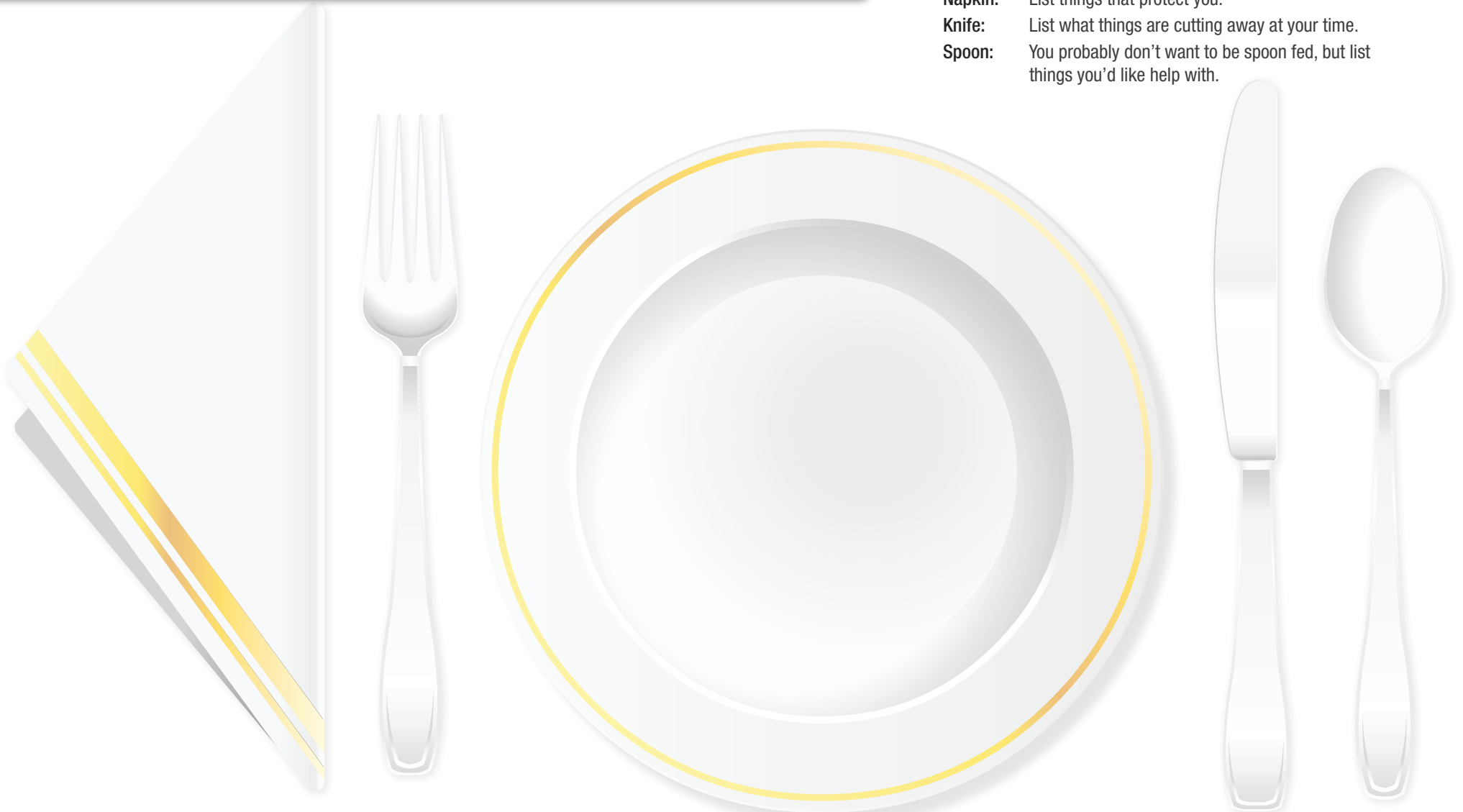


# FOOD FOR THOUGHT

## PLEASE RESPOND TO THE FOLLOWING...

- Plate:** List all the things “on your plate” right now.  
**Fork:** List what new things you’d like to take a stab at.  
**Napkin:** List things that protect you.  
**Knife:** List what things are cutting away at your time.  
**Spoon:** You probably don’t want to be spoon fed, but list things you’d like help with.



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