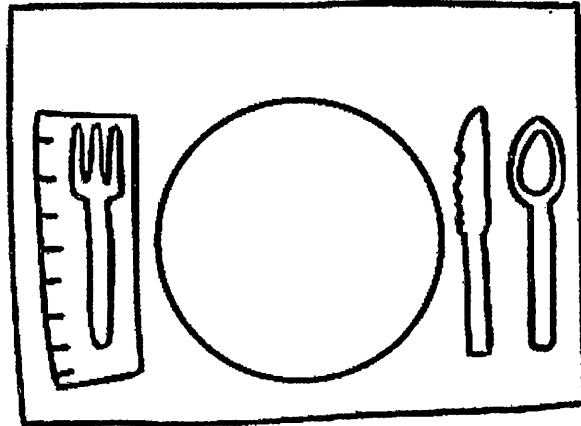


Food For Thought!



On the Plate: List all the things going on in your life right now "on your plate".

On the Fork: List what new things you'd like to take a stab at and try.

On the Napkin: List what things protect you or makes you feel secure.

On the Knife: List what things are cutting away at you or your time, or habits that you wish to cut!

On the Spoon: You probably don't want to be "spoon fed", but list what things you'd like help with.

After everyone is finished, go around and each person share one or two things on their plate.