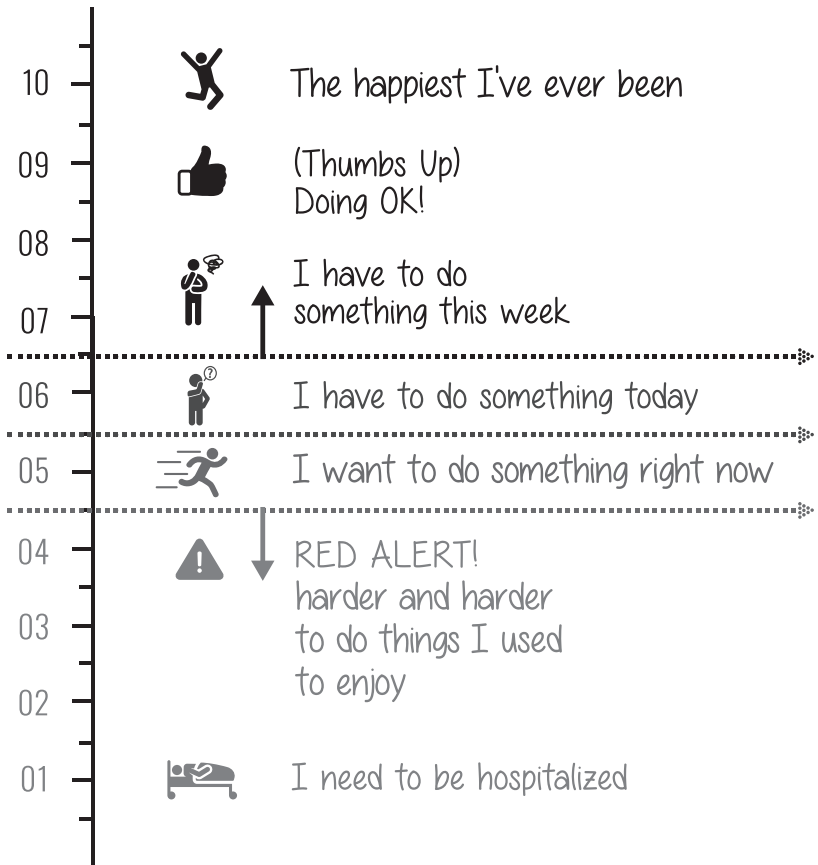


TEN-POINT SCALE



- 1. Ask Yourself:**
How am I doing?
- 2. Evaluate yourself:**
Where do you fall between 1-10?
- 3. Take Action:**
Schedule something based on your score.