



- 1 Search your memory and identify different areas of your life where you can clearly see you reacted out of anger and it got the best of you personally or professionally.

- 2 Write down how being angry has hampered and/or caused damage to your personal, family and business relationships.

- 3 Write down what steps you can take to correct yourself and eventually create that Ultimate Narco Mindset that does not allow anger to hold you back.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.