

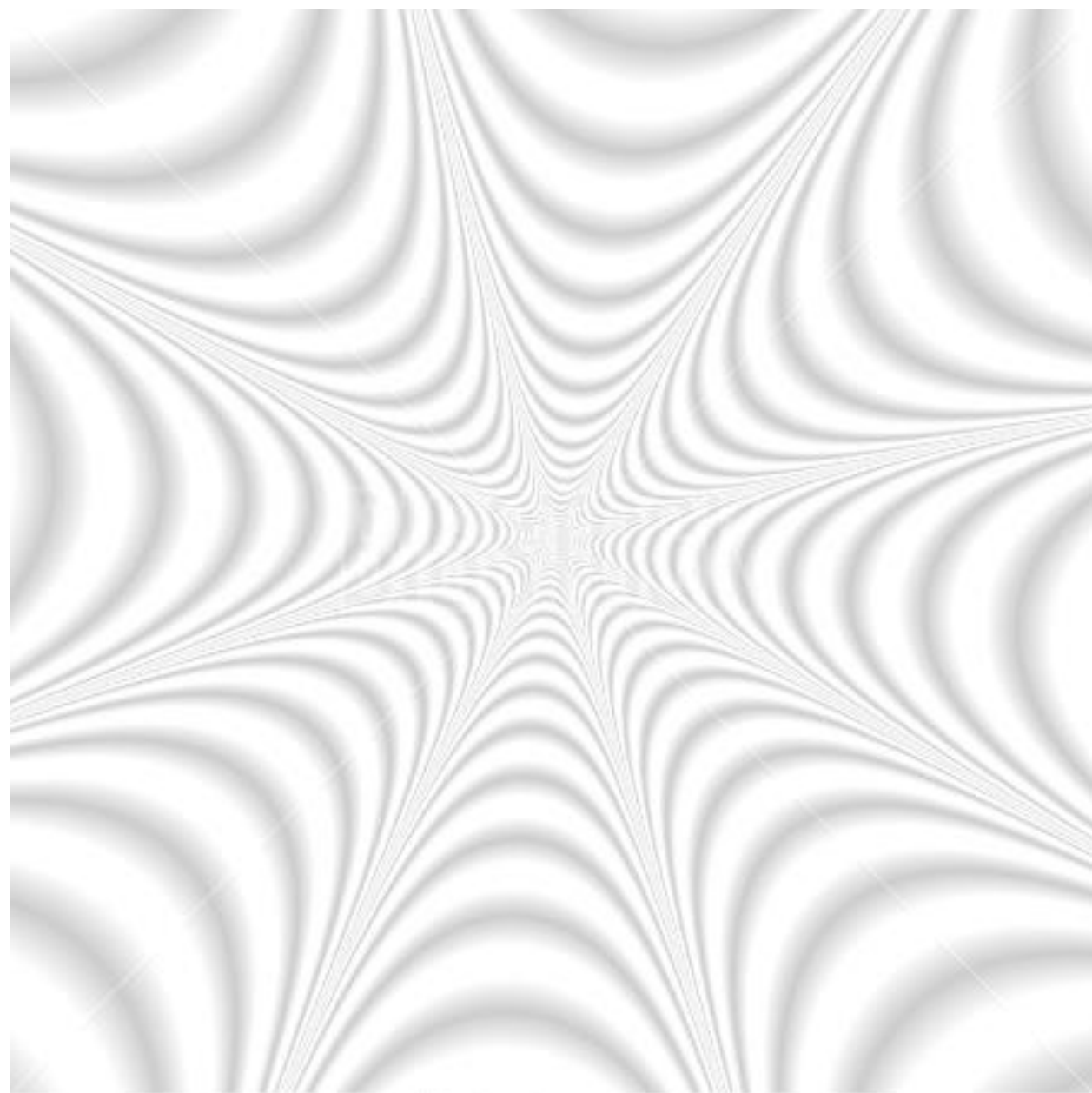
POINTS OF VIEW



In martial arts, it is beneficial to take other points of view when on offense or defense to assure the maximum efficiency, expand one's awareness of the opponent's openings, and one's own openings. In life, it is also beneficial to be open to many points of view. Pick one or more issues that you are struggling with and talk to as many people as you can to gain their points of view about the reason you struggle with that issue and what you can do to resolve or manage it. Write down those points of view below.

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