

FROM THE WORK OF MARTHA BECK

# the 3B's

(SUPERSTAR PLAN)

FROM \_\_\_\_\_ TO \_\_\_\_\_

## 1. BAG

WHAT CAN YOU 'BAG' / NOT DO / SCORE OFF THIS LIST?  
NO EXTRA POINTS FOR BEING A MARTYR.  
SCORE THEM OFF

## 2. BARTER

ARE THERE ANY THINGS OR PARTS OF THINGS YOU COULD:  
ASK SOMEONE ELSE TO DO?  
SWAP WITH SOMEONE ELSE?  
PAY FOR TO BE COMPLETED?

## 3. BETTER

SO YOU CAN'T BAG IT OR BARTER IT.  
CAN YOU MAKE IT BETTER? -  
THINK REWARDS, BREAKING IT DOWN,  
BATCHING, MUSIC,  
ENVIRONMENT, DOING SOMETHING WITH A  
FRIEND, ACKNOWLEDGING YOURSELF MORE.

All the  
things you  
need to do :

NOTES