

# WORKSHEET MODULE 1: LESSON 7

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## **ACTION ITEMS**

▶ Frequency (daily, weekly, other?)

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▶ Length of episodes (1 min, 2 min, 3 min, other?)

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▶ Categories

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_