implementing,
monitoring,
and
review

*"This is really like intelligently parenting the commitments we have set
and nurturing them till they become formed habits."*

WHAT DOES THIS ENTAIL?

In war terms, this is the rolling out of the plans to attain the goals we set in terms of time commitments for the next 21-Days. It involves -

1. Reviewing the goals and perhaps even revising them as you transfer (rewrite) the minimum "When & How Many Minutes" we commit to practice to the next Table;

2. Actual doing, monitoring and evaluating, which is a way of checking if we are complying by comparing our performance to our commitments and scoring to what degree or quality is the performance.

How to evaluate:

Each of the Opportunities in a Day that you set a commitment to is an event for implementation and a potential for resistance or "battle".
Score your performance according to the Tai Chi Win/Lose/ Learn criteria as follows.

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HIERARCHY OF OUTCOMES:
HOW TO SCORE THE GAME:
WINNING, LOSING & LEARNING

- 0 pt - You lose, but the loss may be investment or not: It is total loss if you did not learn from it and may have even lost your fighting spirit;

- 1 pt - You win because there is practically no resistance, there is little or no learning here;

- 2 pts - It is an investment if you understood why you lost and had gained wisdom from your struggle against an overwhelming force. This is better than winning without learning. Your spirit is high as you are more ready for future battles.

- 3 pts - You win despite of an overwhelming resistance. You could have lost, but eventually you won only after a long or difficult manoeuvrings. There is great learning and experience here.

Enjoy it as a GAME!

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Example

The filled in numbers in the *Monitoring & Evaluation Table* is an example of:

1) The commitment goals based on the previously set goals on column 2 in Table;

2) The Evaluation Pts (points) on the last column refers to a result of the process of monitoring each of the "Opportunities During the Day" and evaluating each one in terms of the "How to Score the Game" in the previous page.

3) The Average pts is computed by adding the scores as pts and dividing them by the number of events/rows where you have a commitment goal.

4) The average in the example above is 1.66 which is a "Pass" because it is above 1pt which is the Passing Score.

5) Just continue this process for the next 21-Days and again sum up the Averages horizontally to the total Average. You pass if total is greater than 21pts. Beyond, you have the makings of an Avatar -

CONGRATULATIONS!

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Table 2. Example of Scoring:

Opportunities During the Day	Target Goal in Minutes	Day Score for Example
Upon Awakening	3	1 pts
In the Bath	1	1 pts
Breakfast- Before, After or During	1	1 pts
Walking to/from Work	3	1 pts
Meetings	5	2 pts
At Computer	10	3 pts
Over the Phone	2	0 pts
AM/PM Break	5	0 pts
Lunch Break	5	0 pts
Dinner – Before, During, After	10	2 pts
Watching TV	5	2 pts
Before Sleep	5	1 pts
Others		
Average		**14/12>1=1.66**
Pass/Fail		**Pass**

Monitor/Evaluator: 21-Day Implementation

Opportunities in a Day	Target Minutes	1	2	3	4	5
Upon Awakening						
In the Bath						
Breakfast- Before, After or During						
Walking before/after work						
Meetings						
At Computer						
Over the Phone						
AM/PM Break						
Lunch Break						
Dinner – Before, During, After						
Watching TV						
Before Sleep						
Others						
Average						
Pass/Fail						

Record Score Points Here															
6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	Ave.