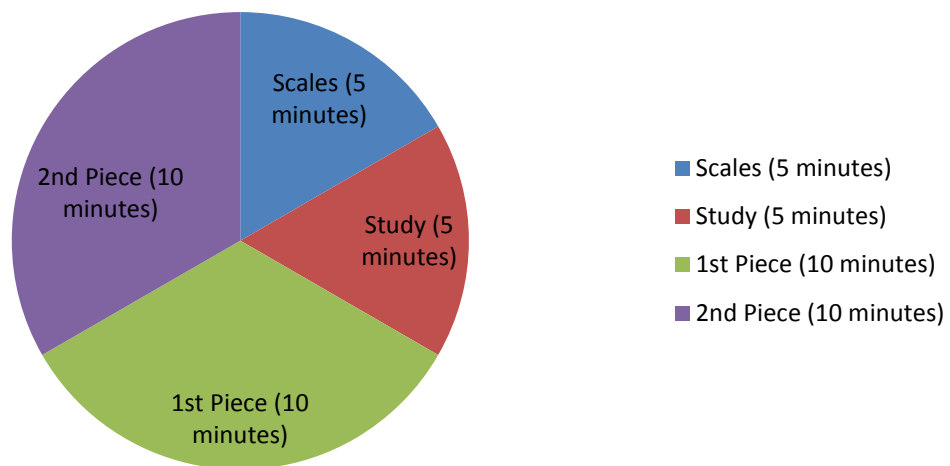


Practice Pie (30 minutes)



Remember!

- Always look for **strengths and weaknesses**. It's very easy just to look for weaknesses, but without knowing your strengths, it's impossible to work out what you should aim for!
- Always set yourself **achievable** short term goals
- Thoughtful **repetition** is your friend
- Use a **timer** to help set your targets