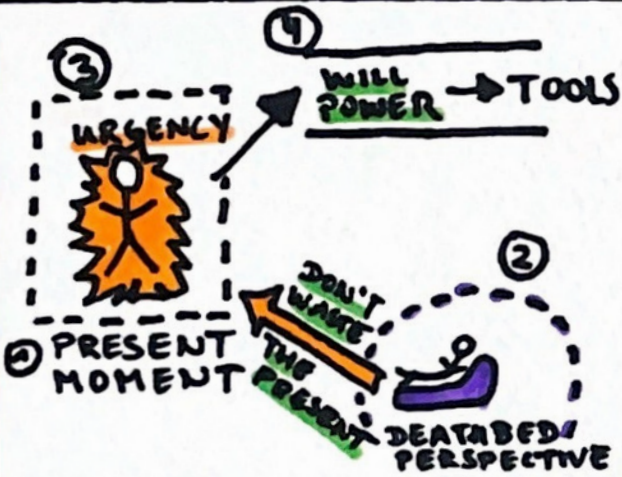


THE TOOLS:

WILLPOWER



1. YOU NEED A TOOL, BUT CAN'T GET YOURSELF TO USE ONE.
2. YOU FEEL YOU'VE GROWN BEYOND THE NEED FOR THE TOOLS.

FORWARD MOTION

1. BRING IT ON



1. YOU HAVE TO DO SOMETHING UNCOMFORTABLE & FEEL FEAR OR RESISTANCE.
2. YOU THINK ABOUT DOING SOMETHING PAINFUL USE THE TOOL TO PRE-BUILD THE FORCE.

SELF EXPRESSION



1. FEELING PERFORMANCE ANXIETY.
2. USE TOOL BEFORE & DURING IT.

ACTIVE LOVE: OUTFLOW



1. IMMEDIATELY, SOMEONE DOES SOMETHING THAT ANGERS YOU.
2. RELIVING A PERSONAL INJUSTICE.
3. PREPARE TO CONFRONT A DIFFICULT PERSON.

"THE SOURCE" & GRATITUDE



1. ATTACHED BY NEGATIVE THOUGHTS.
2. YOUR MIND IS UNDIRECTED. (TRAFFIC, SUPERMARKET,...)
3. SPECIFIC TIMES: WAKING UP & GOING TO SLEEP.