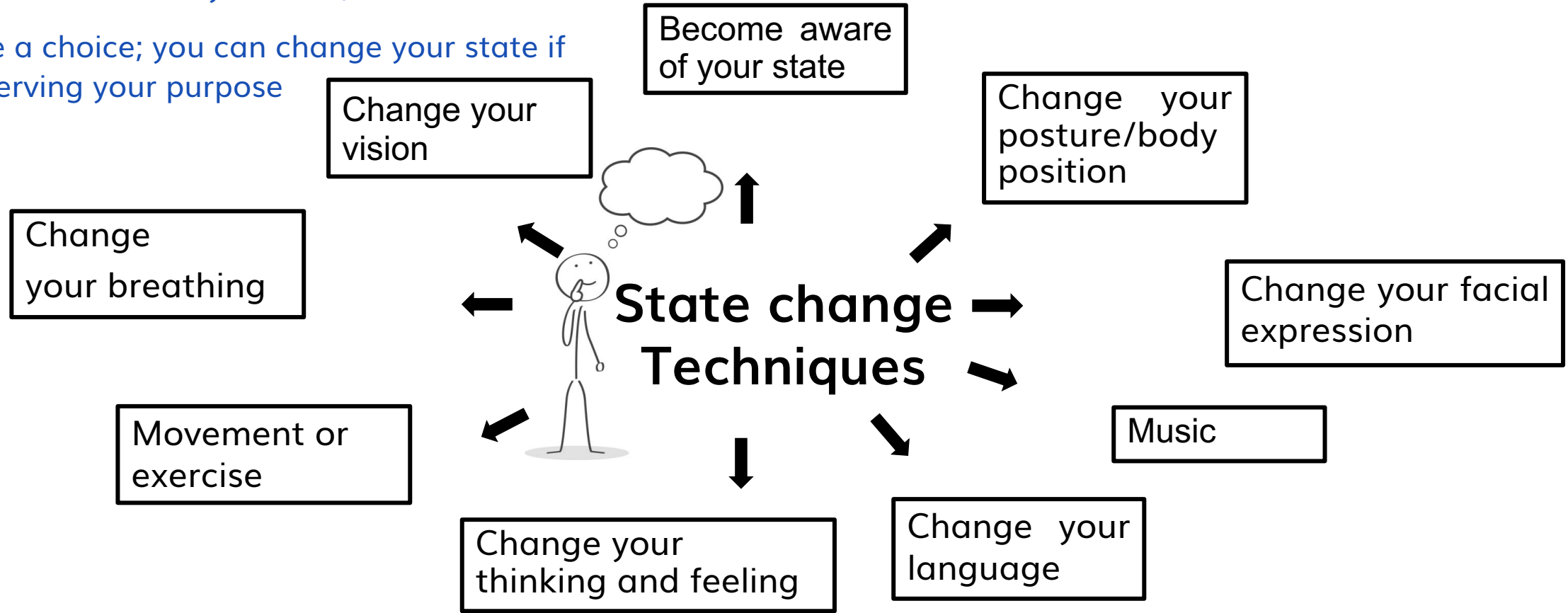


State management 101



- 1. You are always in a state
- 2. Your state affects how you think, feel and act
- 3. You have a choice; you can change your state if it's not serving your purpose



Remember: emotional fluctuations are normal, healthy and essential to being alive. Being aware of your states and leveraging them to your benefit is what it means to be human.