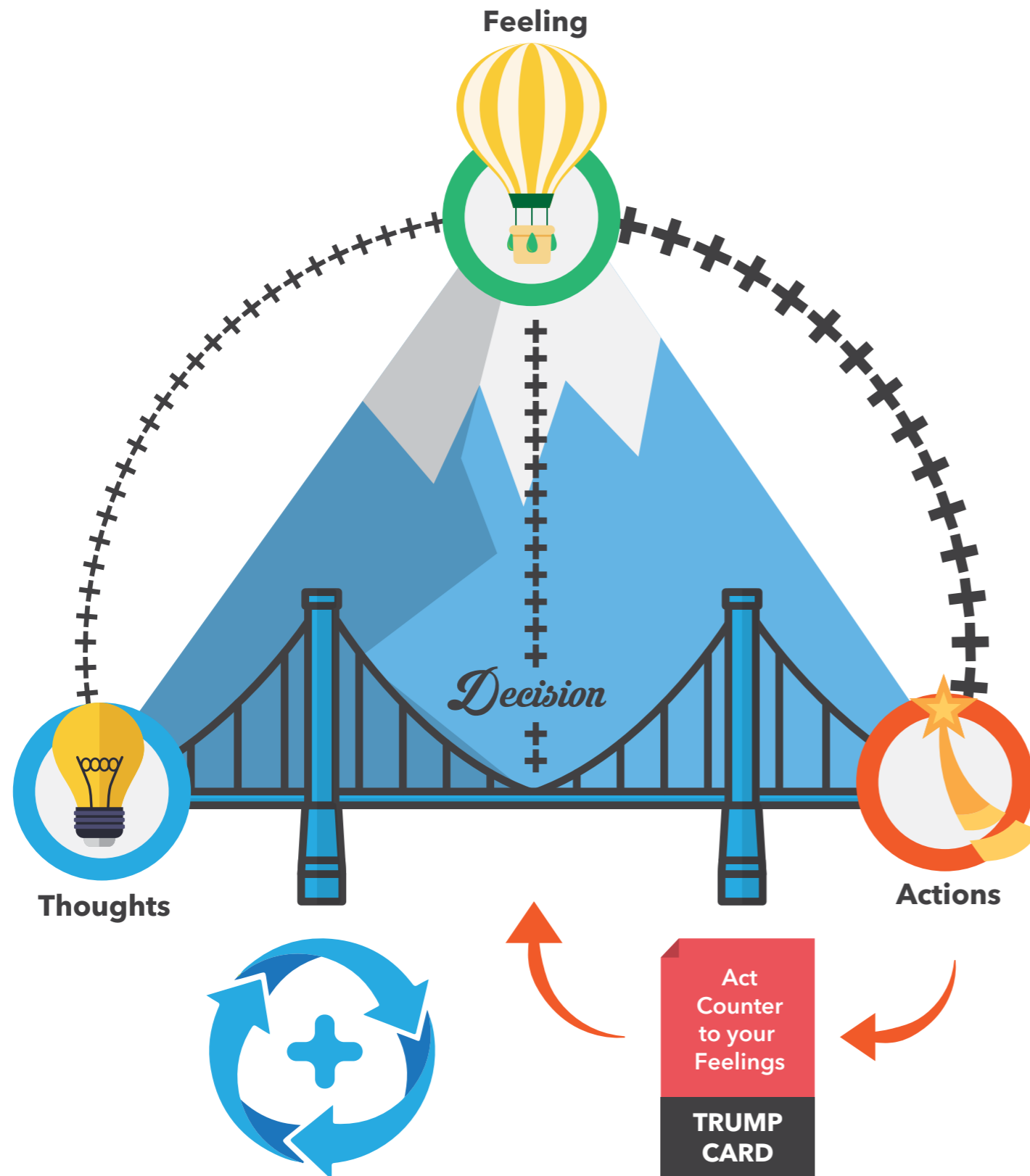


EMOTIONAL MOMENTUM

The Thoughts, Feelings, Actions, Triangle



- 1 Take positive action (Play your trump card if you have to)
- 2 Think Positive
- 3 Positive Feelings increase
- 4 Positive Feelings give you upward momentum even if you slip