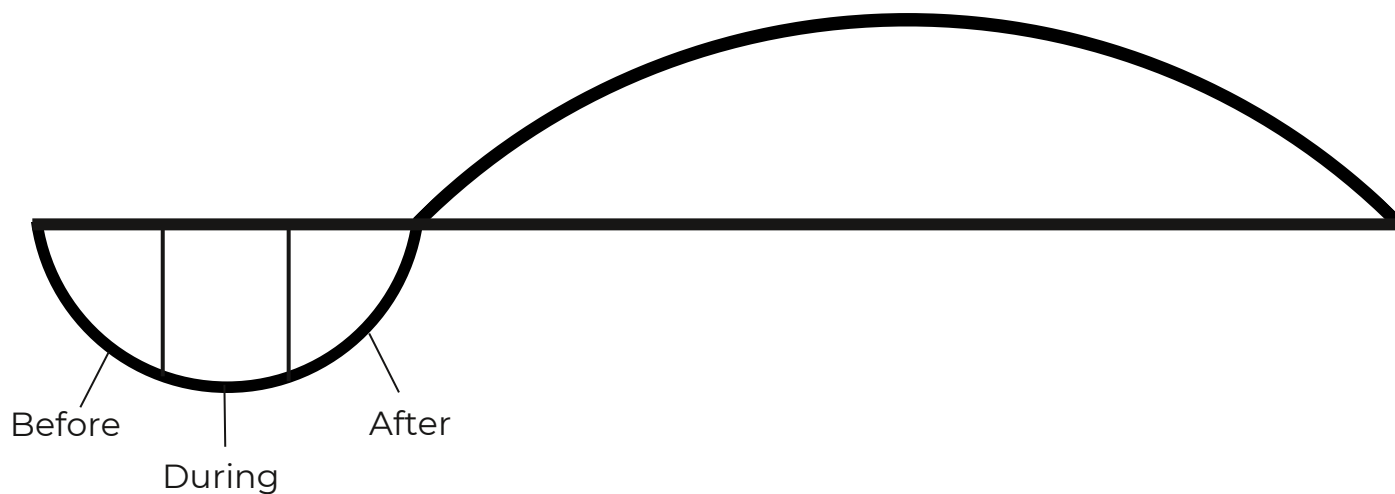
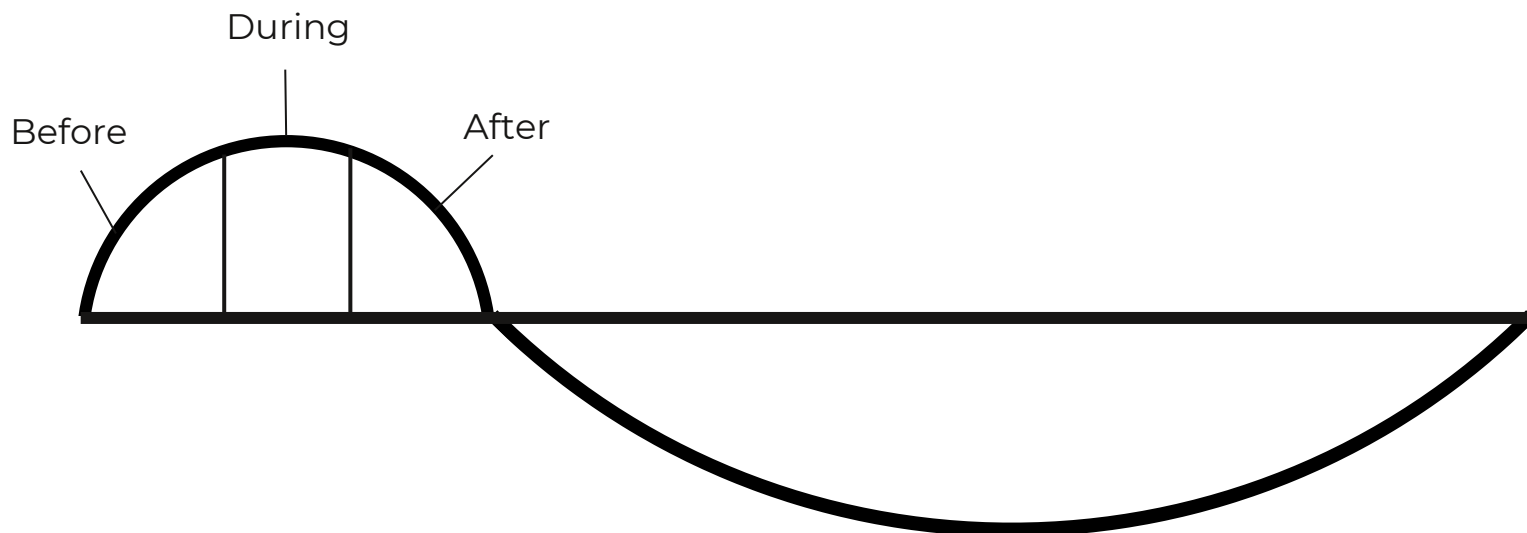


PAIN



PLEASURE

PAIN



PLEASURE

STATE METER

| HOW ARE YOU FEELING?



Questions for State Mapping

1. What was the last behavior you engaged in that you would consider to be out of alignment with who you intend to become?
2. What was the decision you made?
3. What was the state you were in that drove you to make that decision?
4. How did you produce that state using your body, language, and focus?



Future Me

NOTES

[illegible]