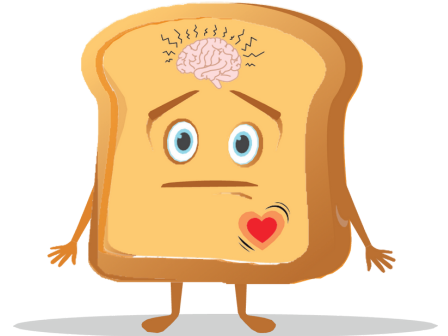


# Meta - Moment

①

## SENSE

Notice a change in your body or mind.

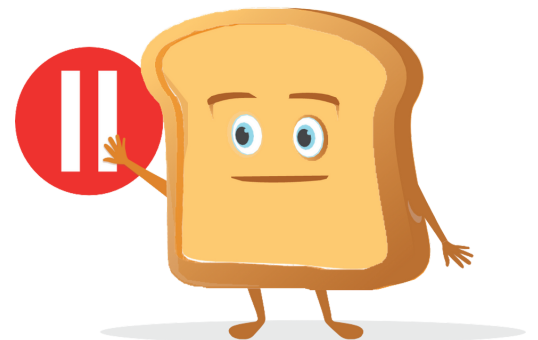


.....

②

## PAUSE

Wait to respond.  
Breathe to think more clearly.

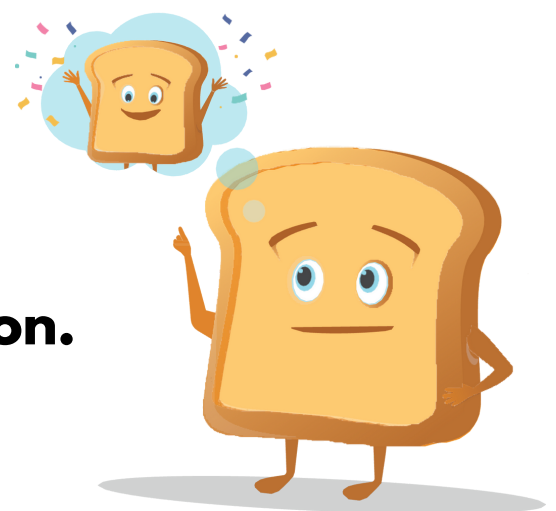


.....

③

## SEE YOUR BEST SELF

Imagine your best self in the situation.



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④

## STRATEGIZE & ACT

Think of a strategy, and try it out.

