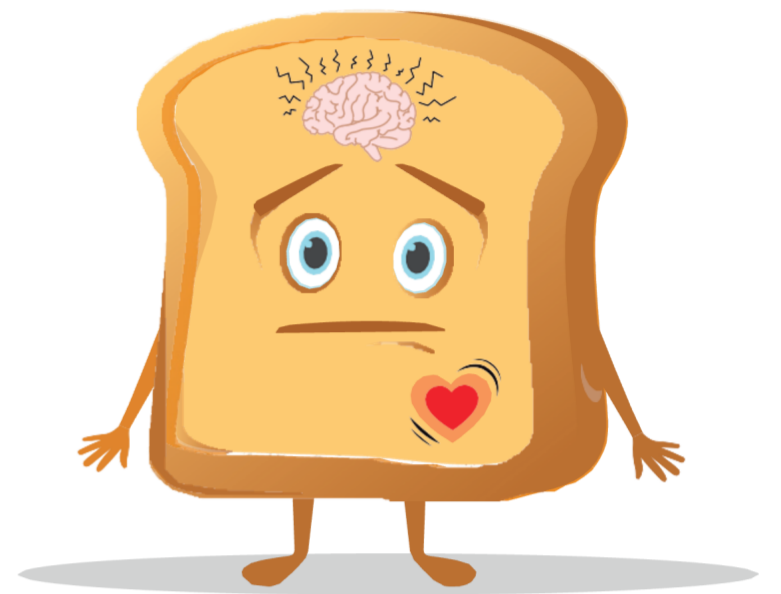


Meta - Moment

①

SENSE

Notice a change in your body or mind.

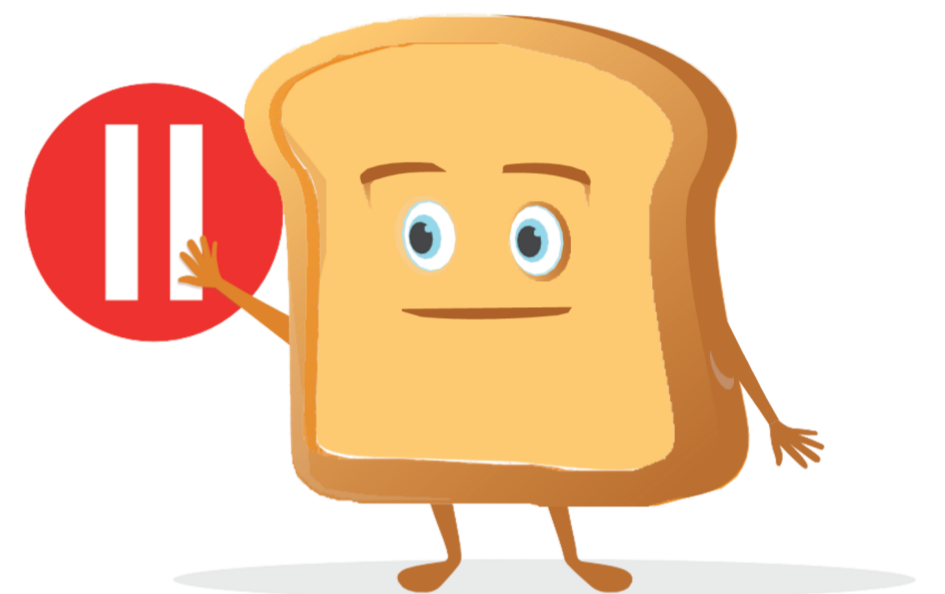


.....

②

PAUSE

Wait to respond.
Breathe to think more clearly.

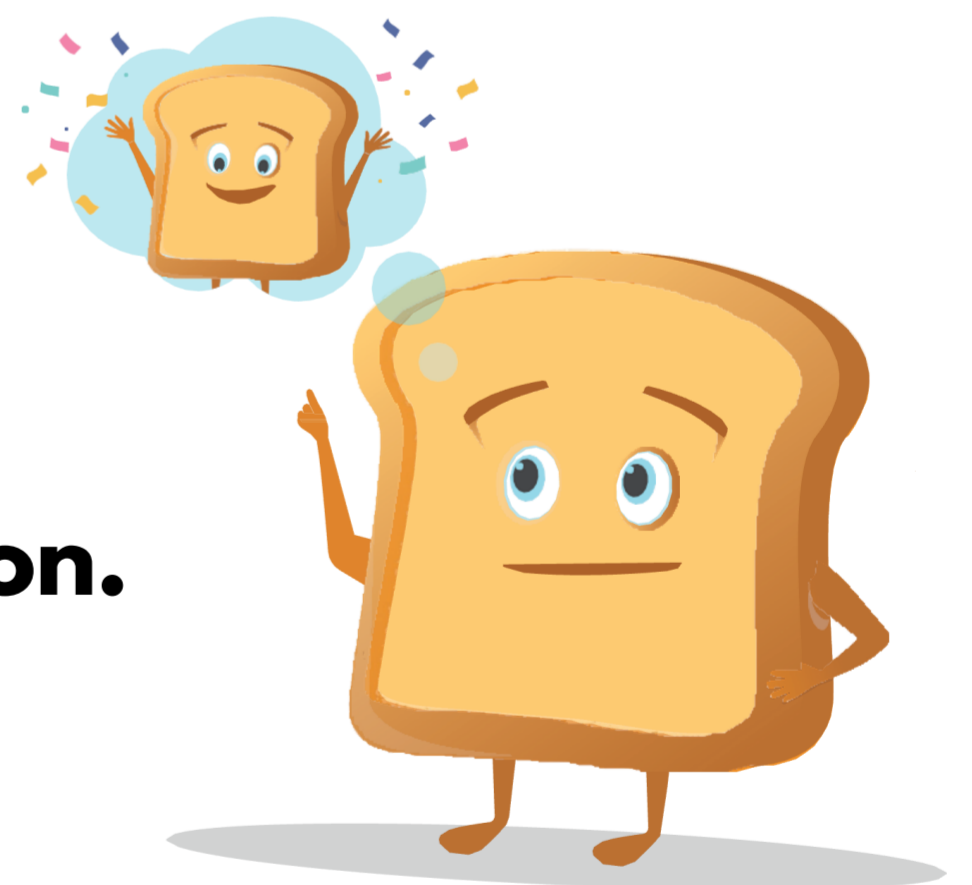


.....

③

SEE YOUR BEST SELF

Imagine your best self in the situation.



.....

④

STRATEGIZE & ACT

Think of a strategy, and try it out.

