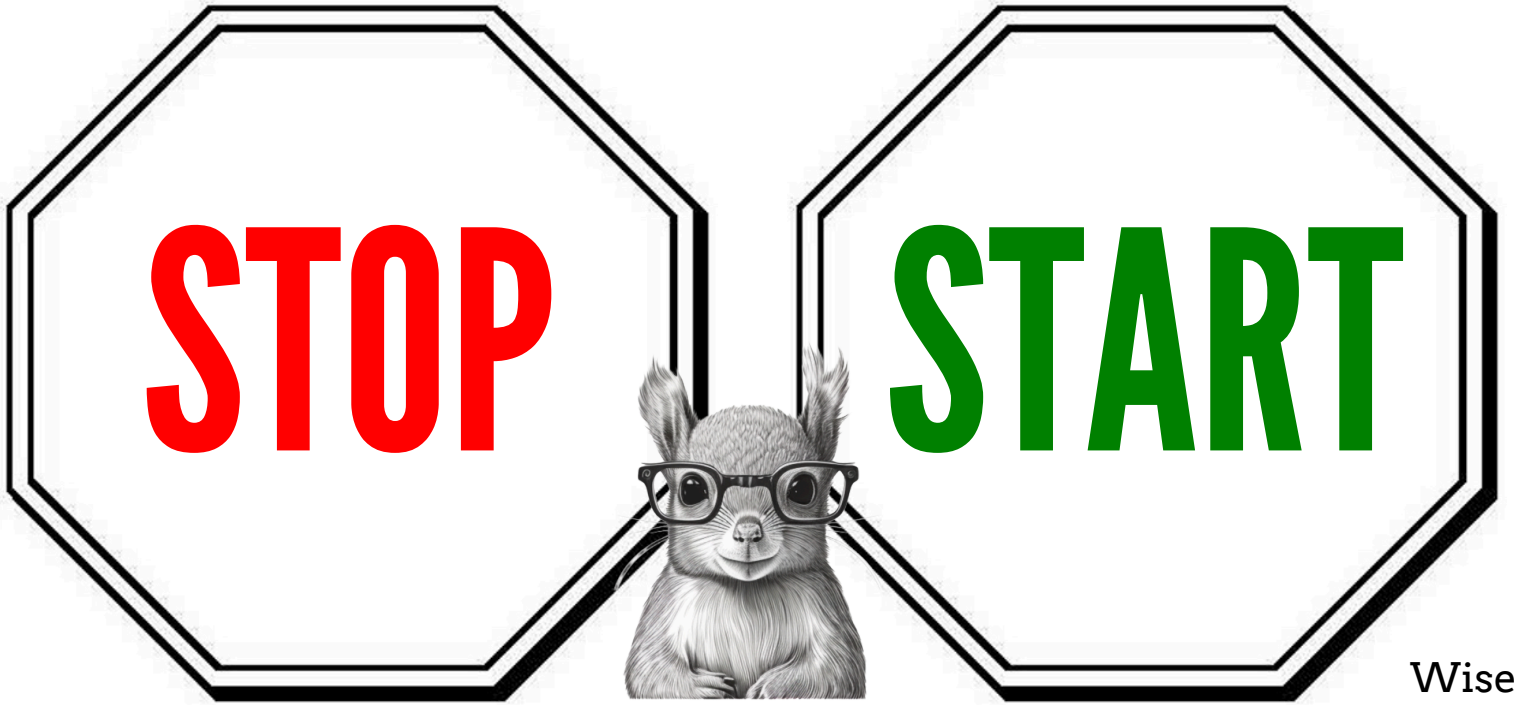



- Stop and pause for a moment.
- Take a deep breath.
- Observe your thoughts.
- Proceed.

- Don’t ask why you feel stuck.
- Note three *simple* things you can do right now.
- Pick one and start.