

Focus on goal > next step > task
Ensure your best conditions & reflect



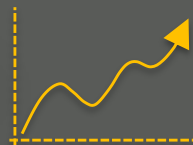
Dive in, stay in, endure the dip
Be kind & zoom out



Check reality & compare wisely
Sense, breathe & consciously guide self



Make choices & fulfill your needs
Train your mindset, nourish motivation



LEARNING – coping strategies