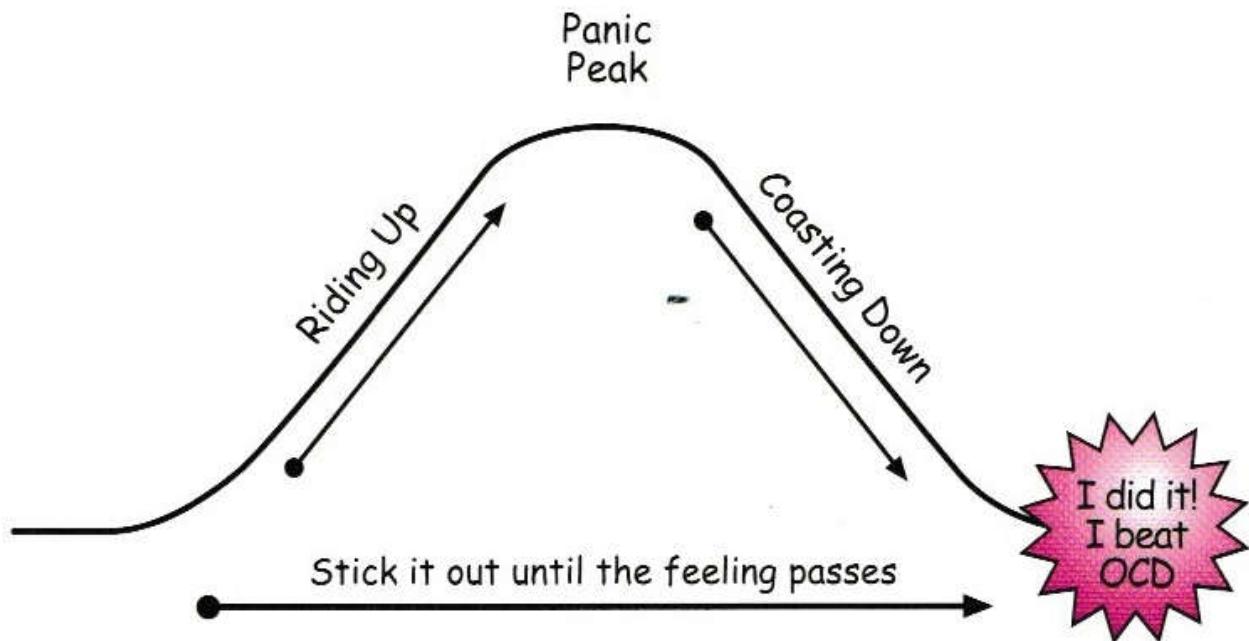


RIDE Up and Down the Worry Hill



Rename the thought. _____

Insist that YOU are in charge! _____

Defy it, do the OPPOSITE. _____

Enjoy your success, reward yourself. _____



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