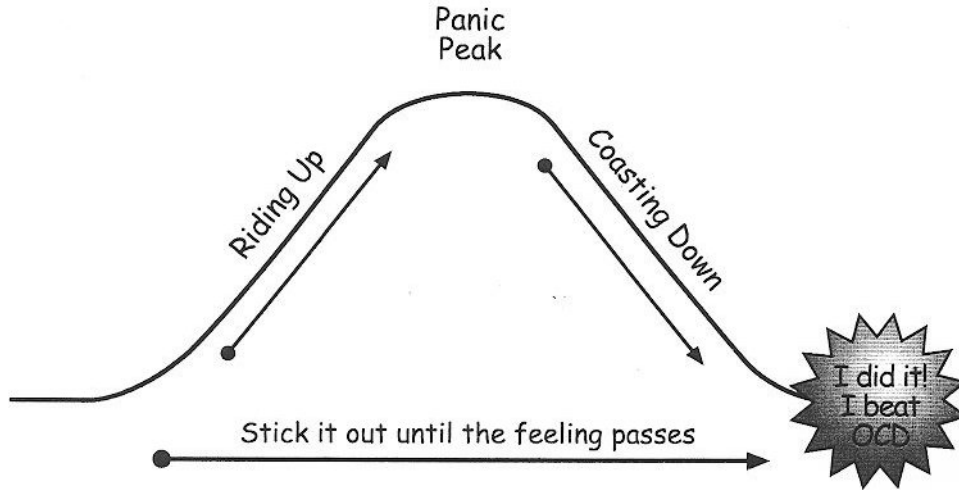


# RIDE Up and Down the Worry Hill



Rename the thought. \_\_\_\_\_

Insist that YOU are in charge! \_\_\_\_\_

Defy it, do the OPPOSITE. \_\_\_\_\_

Enjoy your success, reward yourself. \_\_\_\_\_



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