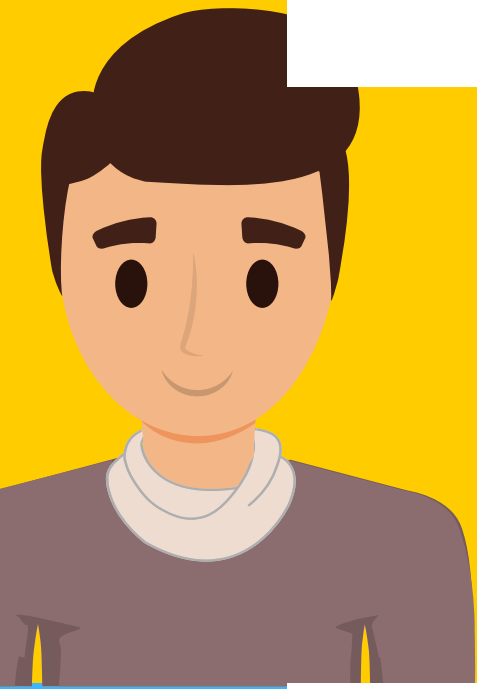


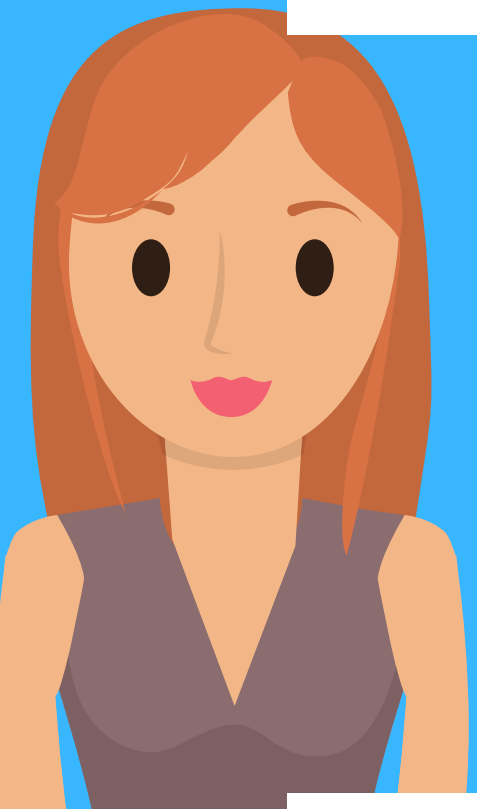
HOW TO START WHEN YOU DON'T KNOW HOW

START WHERE YOU ARE



Don't overthink it. If you need to make a change, do it from where you are. Start where you are.

KNOW WHERE YOU ARE



Journal your thoughts, keep morning pages, become aware of your thoughts throughout your day. One step at a time is fine in the right direction.

ACTION YOUR DREAMS



One step at a time

DON'T GIVE YOURSELF A HARD TIME



Take care of yourself, respect yourself as you do others. Don't give your critical voice any face time.