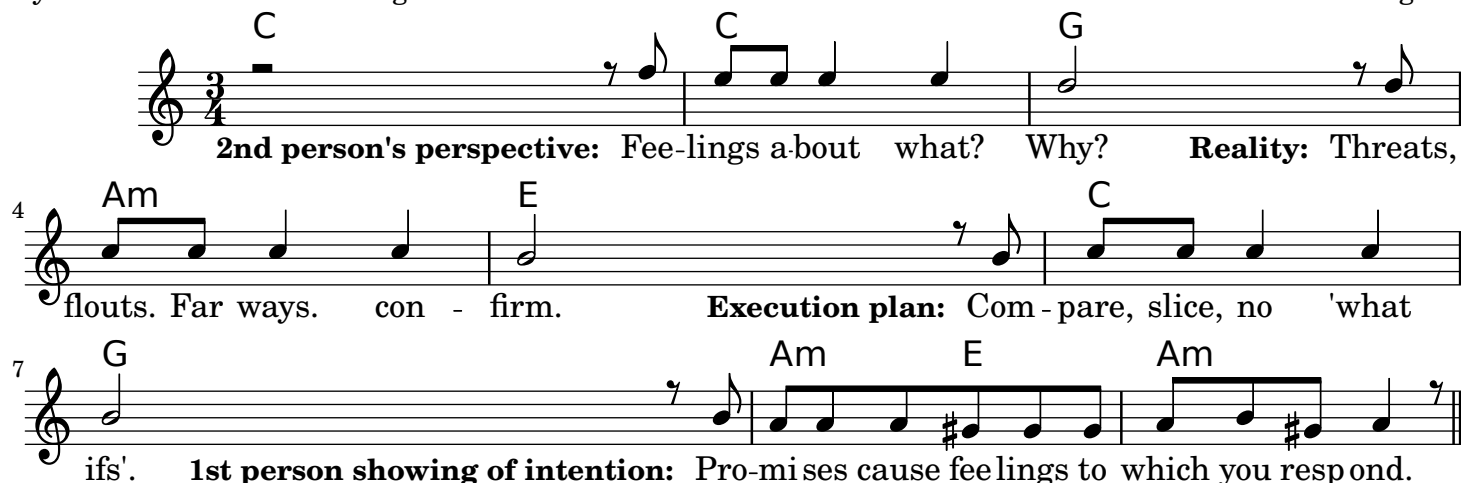


# Motivational Romanesca

romanesca motivational 07-07-2021

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren



**2nd person's perspective:** Fee-lings a-bout what? Why? **Reality:** Threats, flouts. Far ways. con - firm. **Execution plan:** Com - pare, slice, no 'what ifs'. **1st person showing of intention:** Pro-mises cause feelings to which you respond.

## COMMENTS

Imagine an interaction with another person or a future you. The difference between noradrenaline is time.

### 1st person showing of intention

1. Promises cause feelings - are there any feelings? Others decide what I promise.
2. Why are there such feelings? Ask.

### 2nd person's perspective

3. Scan for real broken rules and threats
4. Confirm potential threats Acknowledge

### Execution plan

5. Compare with your view and with what is benign. Compare normalize
6. REFLECT: Execute by options framing, closeness/distance=rank, slice into manageable chunks with common goal and eliminating what ifs.