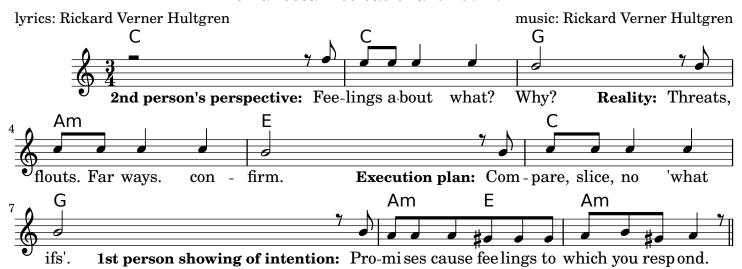
Motivational Romanesca

romanesca motivational 01-07-2021



COMMENTS

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

1st person showing of intention

- 1 Promisis 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. Compere normalize
- 6 REFLECT: Execute by options framing, closeness/distance=rank, slice into manageble chunks with common goal and eliminating what ifs.