

Motivational Romanesca

romanesca motivational 01-07-2021

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren

2nd person's perspective: Fee-lings a-bout what? Why? **Reality:** Threats,

Execution plan: Com - pare, slice, no 'what

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.