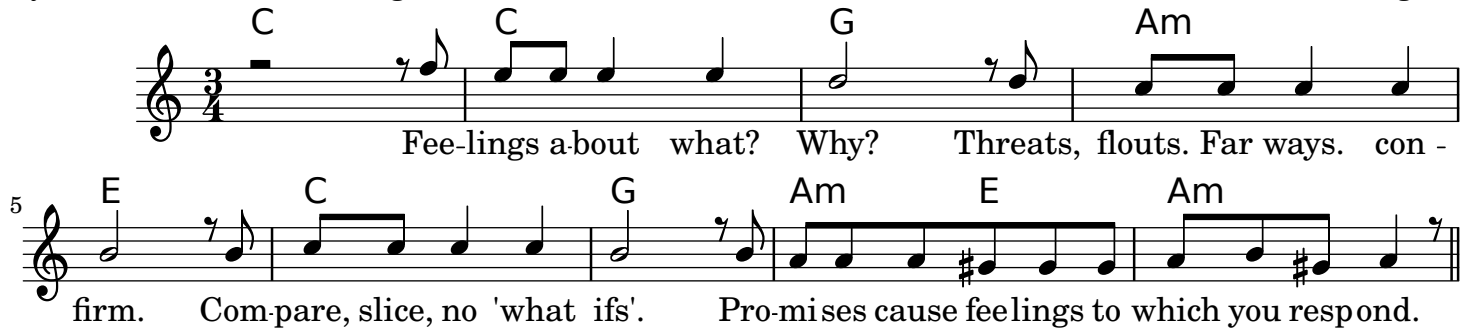


Motivational Romanesca

romanesca motivational 30-06-2021

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren



Fee-lings a-bout what? Why? Threats, flouts. Far ways. con -
firm. Com-pare, slice, no 'what ifs'. 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.

1 Promises cause feelings - are there any feelings? Others decide what I promise.

2 Scan for broken rules and threats - why are there such feelings - ask.

3 Confirm Acknowledge

4 Compare with your view. Compare normalize

5 REFLECT: Execute by options framing, closeness/distance=rank, slice into manageable chunks with common goal and eliminating what ifs.