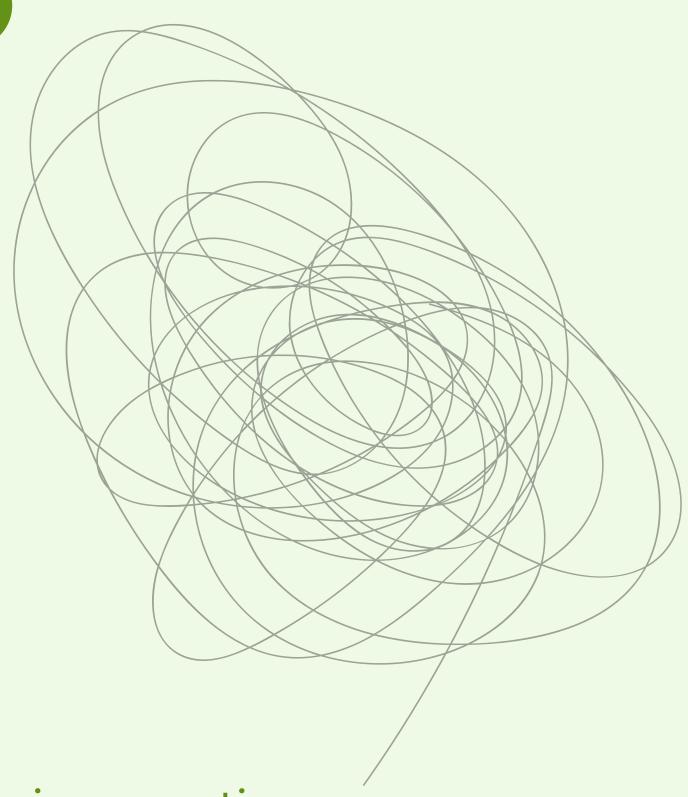


FOR YOU



3 minutes micro-practice

UNLOAD
YOUR EMOTIONS





Get a pen and paper.

Write, without thinking "Today I feel..."

Let it all out.

Emotions, tensions, even jumbled words.





When you feel that you are done, read the sentence.

The most compelling.

Then, breath in. Deeply.





Now RIPPED or BURN the paper. Symbolically.

Breath out. Unload.

Not to solve anything.

JUST TO ACKNOWLEDGE AND LET GO.

