

CALM THE CHAOS

HOW TO REMAIN CALM ^{2/3} IN THE MOMENT

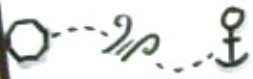
YOU

CONNECT

UNDERSTAND

EMPOWER

ANCHOR



GET CLOSER



ALL BEHAVIOR IS ^{1/4}

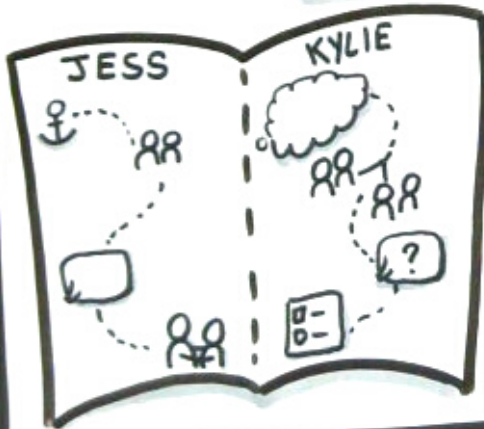


1.1.1 PLAN



JESS

KYLIE



STOP

ANCHOR

REMEMBER THE ANCHOR



NOTES...