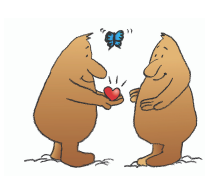


The BIG Re-Set



B **BREATHE.** It's all new. Everything is uncertain - except that you are alive and in charge of your thoughts. Observe your **BELIEFS** and stories.

I **IGNITE** your full humanity; your full human potential; your life force.

G Focus on **GRATITUDE.** And monotonous **GOODNESS.** Consciously choose to find things for which to be grateful.