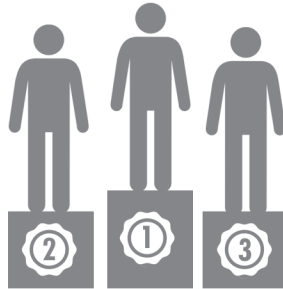


**VISUALIZATION
BREATH TRAINING
ROUTINE**



DOING



OUTCOME

SELF-TALK, GOAL SETTING, MOTIVATION



THINKING