

# Talk to the Hand

*Making Attitude Work for You*



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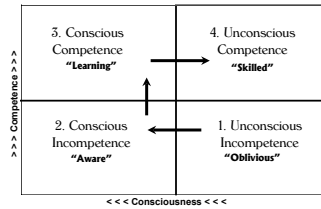
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## STRESS ZONE



## Habits

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- Negative Thinking
- Lack of Motivation
- Health Problems
- Poor Decision Making

## Stress Symptoms

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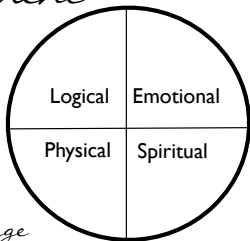
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## Movement



<<<<Change

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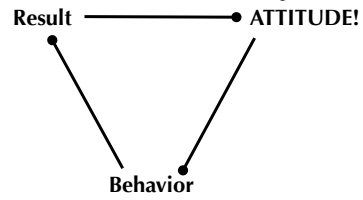
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# The Cycle



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## The Problem:

- Fear
- Force
- Pain

### The Solutions:

- Slower is Faster Than Never
- Success Is MTTN
- Small Steps Done Repeatedly
- Don't Show Your BIG BUT

## Inertia of Change

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Honeymoon  
Thrill is Gone  
Lifestyle

## Stages of Change

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## Think "1st"

Do 1 Thing  
Make it Small  
Focus on Today

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