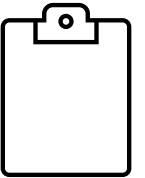
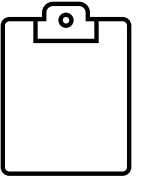


Rate yourself for the following statements,
on a scale from 1 to 7. (1-RARELY; 7-MINUTE by MINUTE)

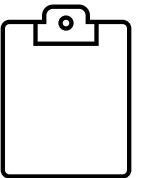
I overthink professionally.



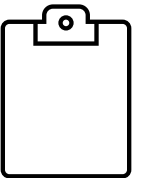
I overthink personally.



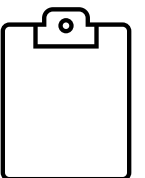
I choose the messages in my mind.



I cheer myself on in ups and downs.



I recognize symbols to offer optimism.



How does the message of *Soundtracks* relate to your life?

What is a “soundtrack” you are going to begin changing this week?

What is a symbol you might be able to use to make your new soundtrack stick?

Where is a place in your life that you could cheer yourself on more often?

Where is a place your family or friends would remind you to cheer yourself on more often?