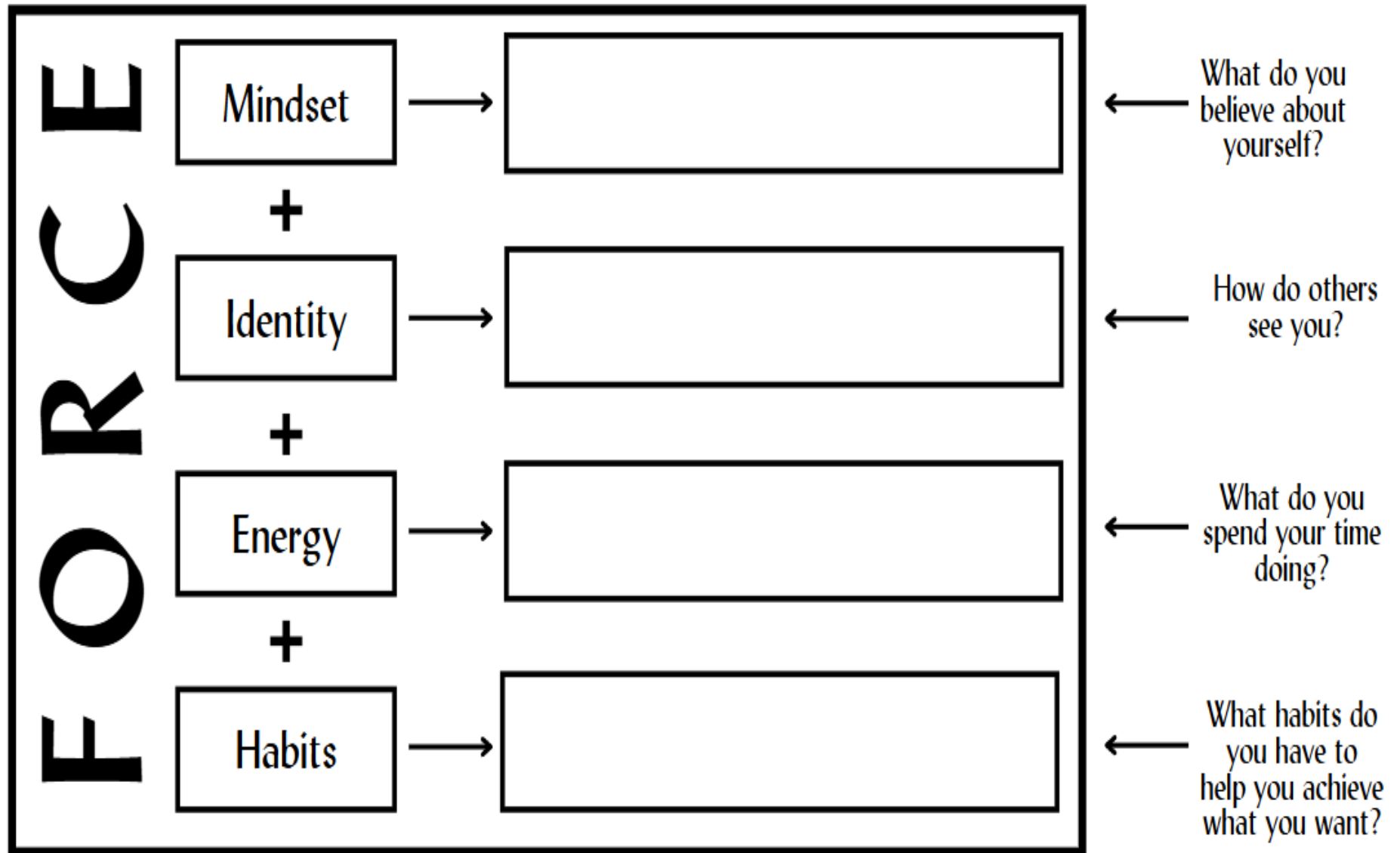
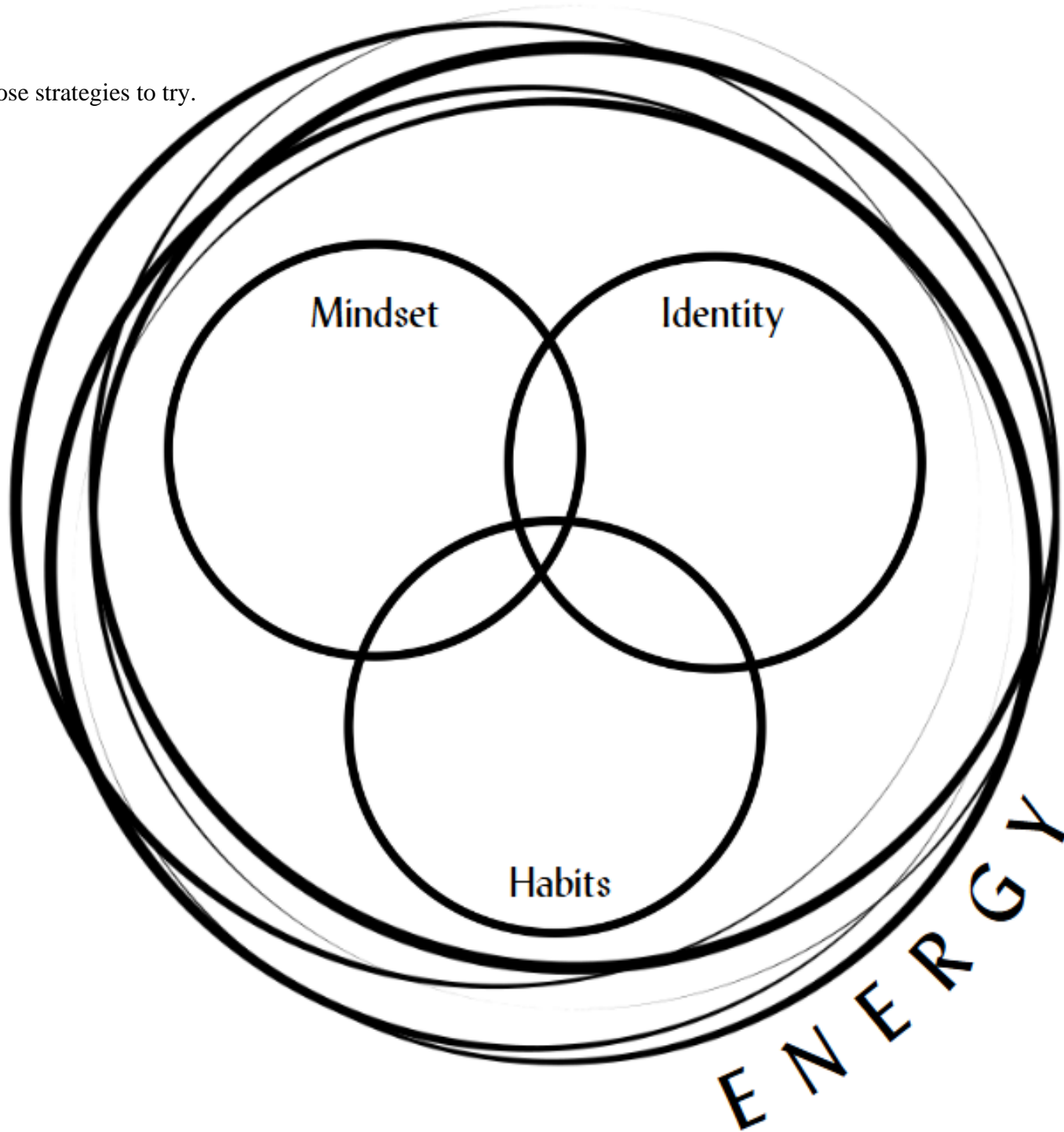


The Force Continuum Resources

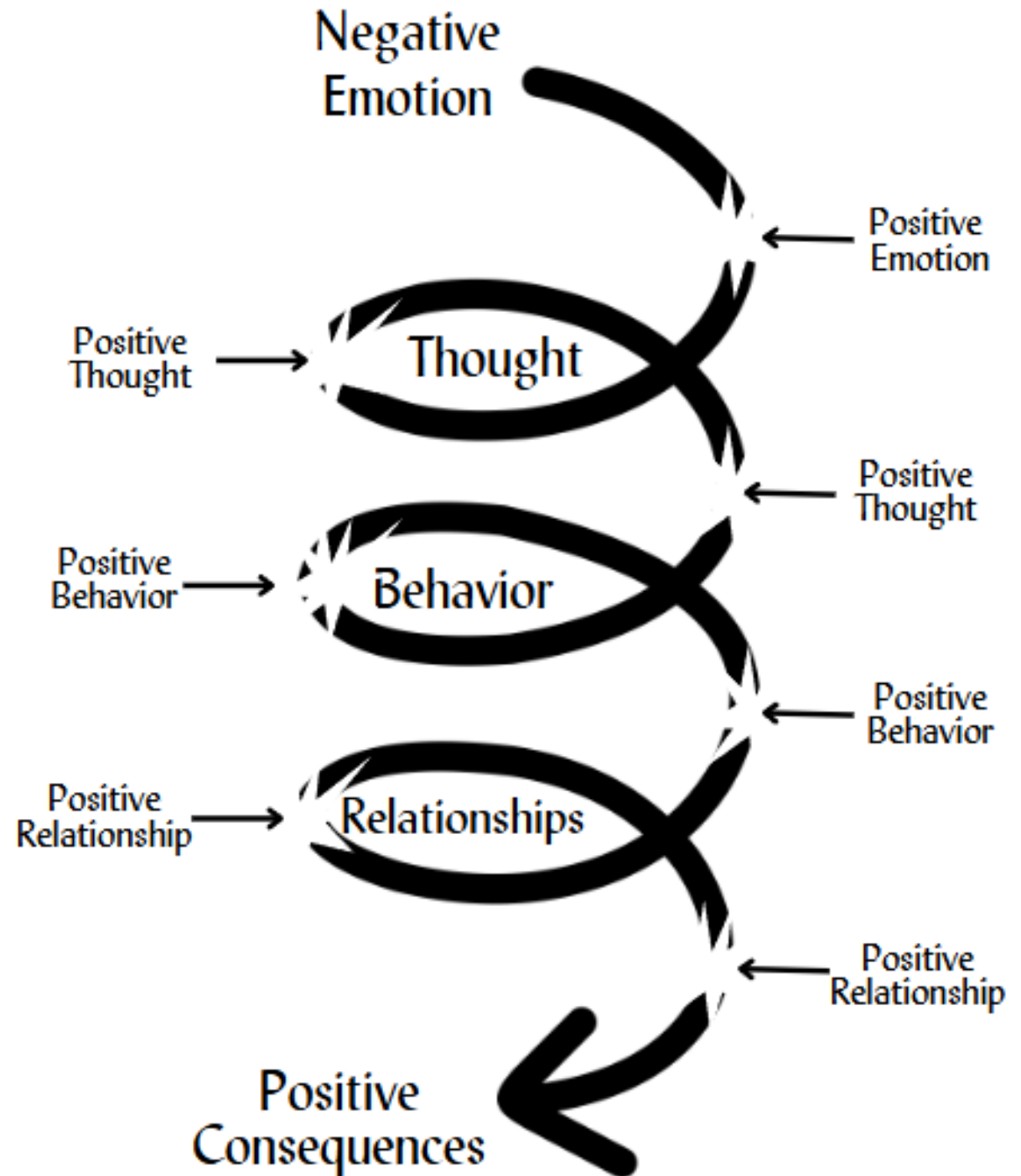
Have the person dream of what achieving their dream would look like when they accomplish it.



Help them choose strategies to try.



Help them break the negative cycles they are experiencing.



Help them create habits around what they want to accomplish.

