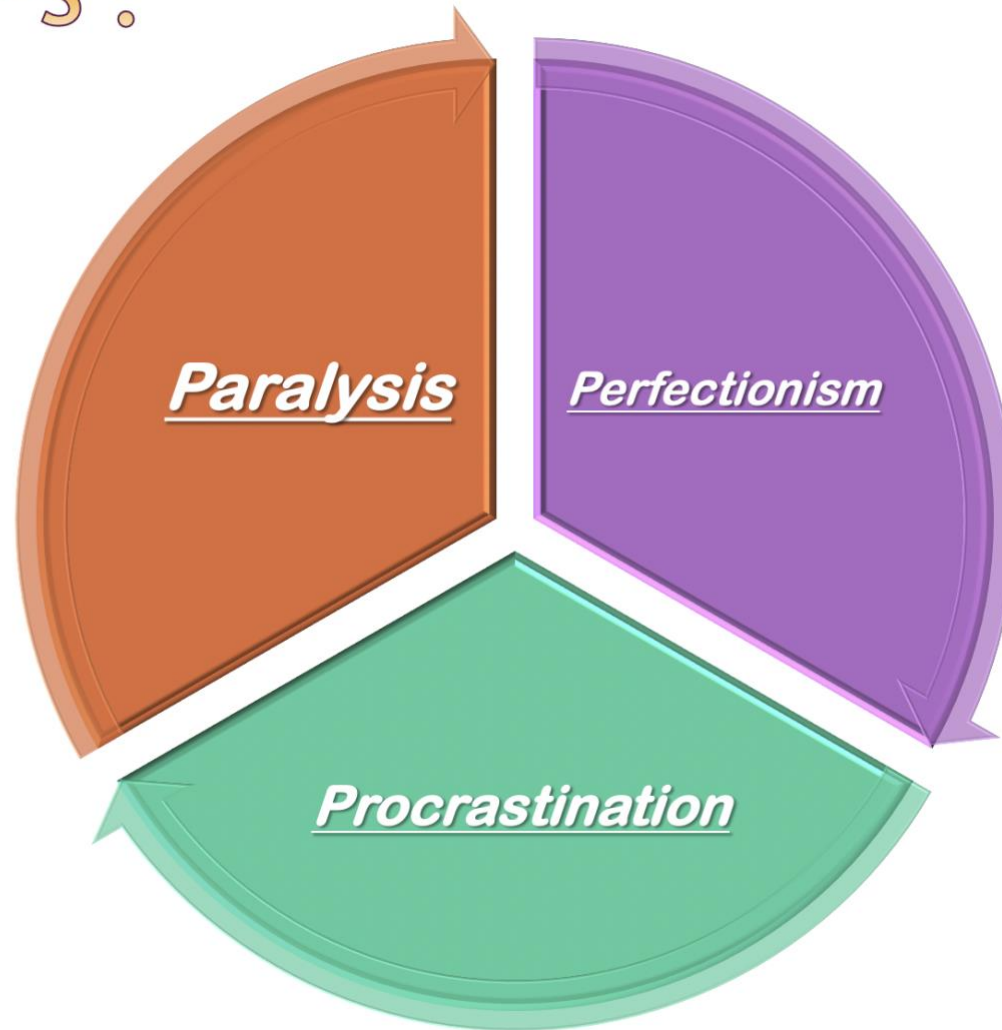
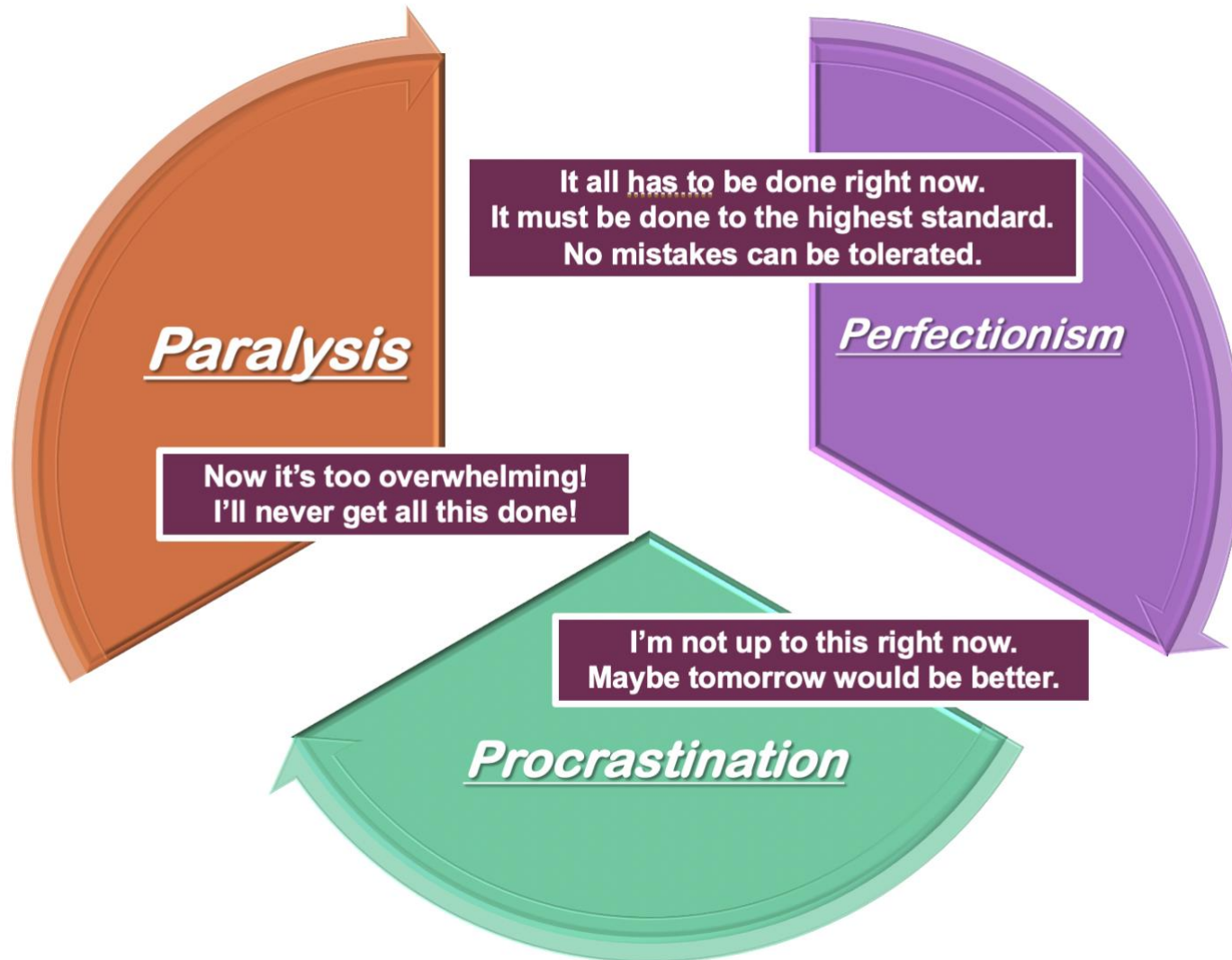


## THE 3 P'S :



# THOUGHTS GENERATING THE 3 P'S:



# TALKING BACK TO THE DRAGON:

*It all has to be done right now.  
It must be done to the highest standard.  
No mistakes can be tolerated.*

→ **I can do this in small chunks, a little at a time.  
“Good enough” will be good enough.  
Mistakes are how I can tell I’m growing.**

*I’m not up to this right now.  
Maybe tomorrow would be better.*

→ **Whether I feel like it or not, it needs to be done.  
I’ll get started today, then do some more tomorrow.**

*Now it’s too overwhelming!  
I’ll never get all this done!*

→ **I can get this done a little at a time.  
and over the process of time.**

