

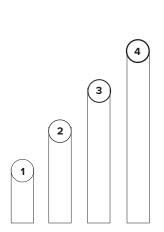




EXERCISE 04

IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

## EXERCISE 05



5 BRAVE! I experiment with true principles to make my way to emotional safety. I know that doing it poorly at first is the only way to learn to do it well eventually. So I move forward even though I know I will make mistakes, look awkward, and do it "wrong" sometimes.

## EXERCISE 06

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I experiment with true principles to make my way to emotional safety. I know that doing it poorly at first is the only way to learn to do it well eventually. So I move forward even though I know I will make mistakes, look awkward, and do it "wrong" sometimes.