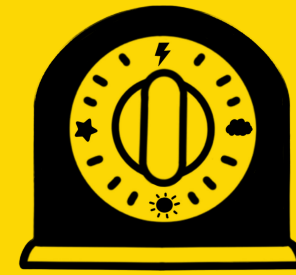
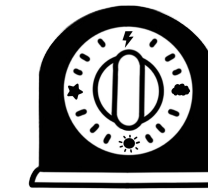




Turn the Dial



1) Imagine a dial with lots of different feelings.



2) Check what feeling your dial is on right now.



3) Turn your dial to a different spot and think about how you feel.



4) Keep turning until you find a spot where you feel your best.

