

SHIFT LIST

MOVES TO SHIFT FROM CRAPPYLAND (triangle/below the line) ▲

TO HAPPYLAND (above the line)



PLAY

LONG, DEEP

Think of something or someone you love

EXPRESS

Wonder--
hmmmmmmmmmm

NONVERBALLY

Focus on something you LOVE...

Do something creative

LAUGH!!

MOVE

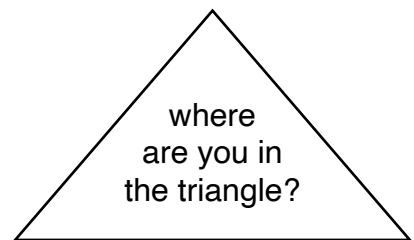
Am I willing to see this in a new way?

Rest.....

COMMIT to a new path

NOTICE

Say something UNARGUABLE



BE PRESENT WITH WHAT YOU'RE FEELING