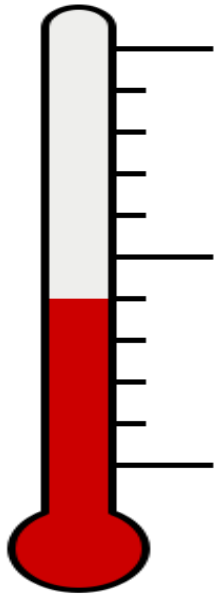


UNDERSTANDING YOURSELF BETTER -THE 4 Ts

Consider where you are when you are at your best and when you are faced with difficulties or challenges

TIMING

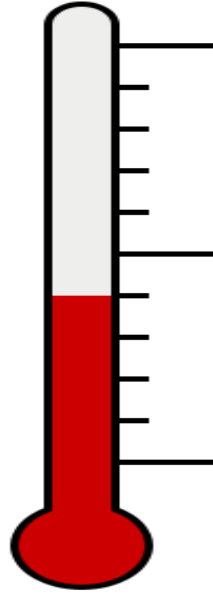
Rhythm Fast



Rhythm and timing slow

THOUGHTS

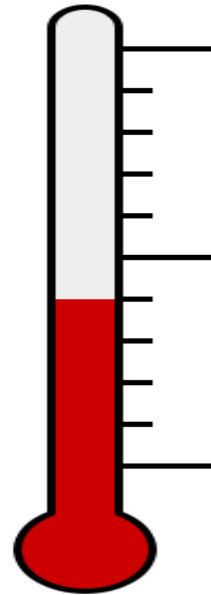
Overwhelmed by the number of thoughts



Quiet mind, calm, at peace

TENSION

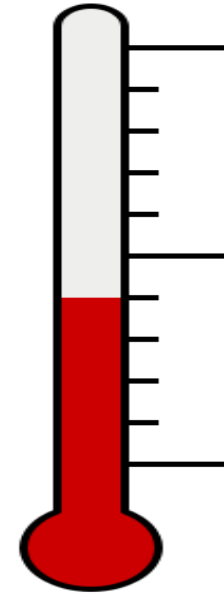
Bodily tension high



No body tension, very relaxed

TEMPERATURE

Arousal or adrenaline levels high



Arousal low