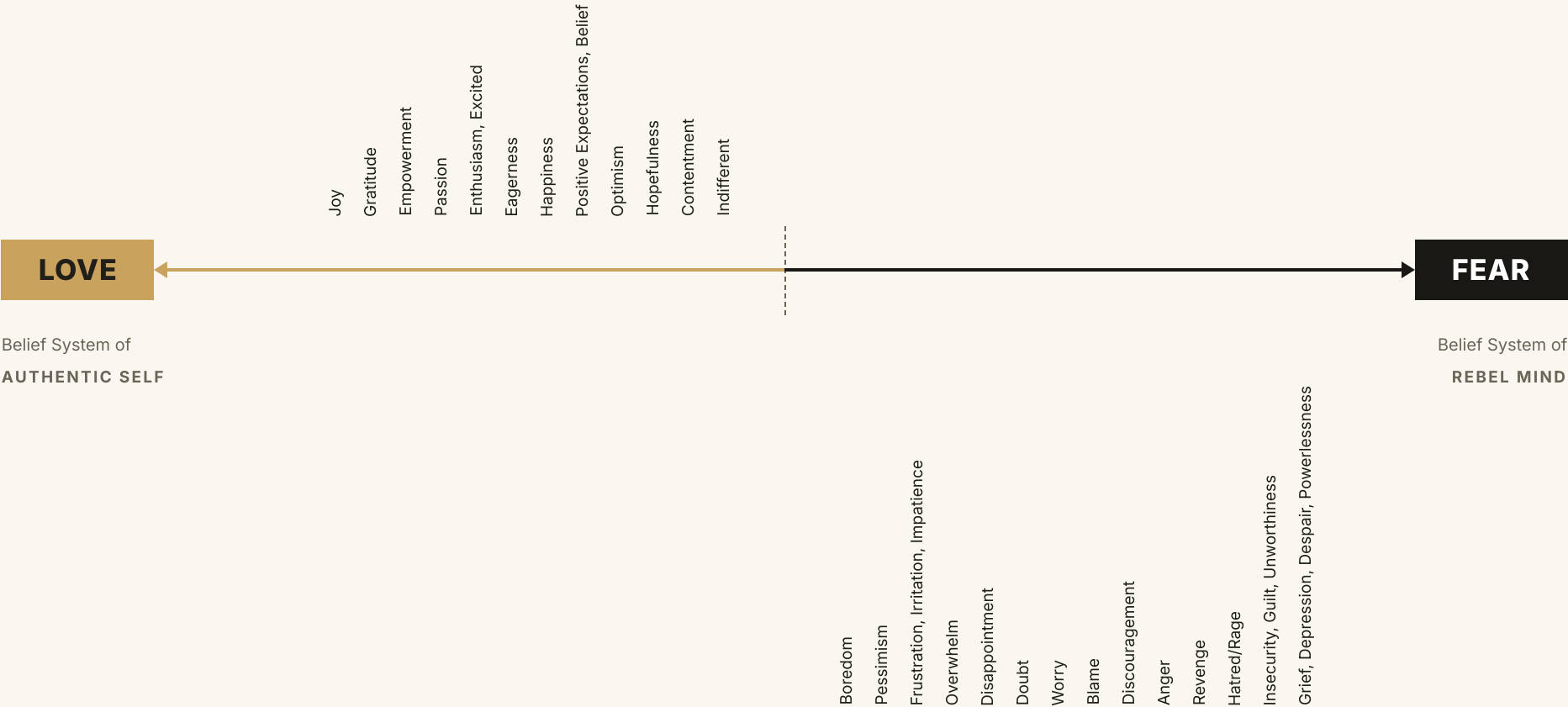


FRAMEWORK

The Emotions Framework: From Love to Fear

Every emotion is data, not a life sentence. Find where you actually are on this scale right now — not where you think you should be — then aim for the next emotion up, not straight to the top. Small, honest steps beat forcing a feeling you don't believe yet.



Belief System of
AUTHENTIC SELF

Belief System of
REBEL MIND