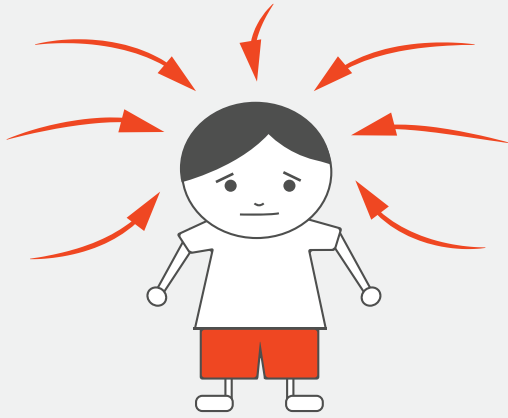


Take a Meta-Moment



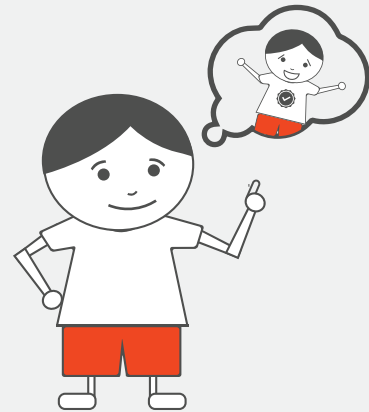
1. Something happens



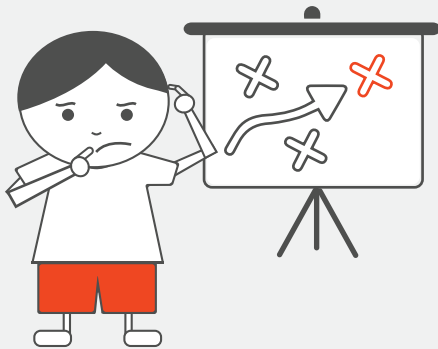
2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!