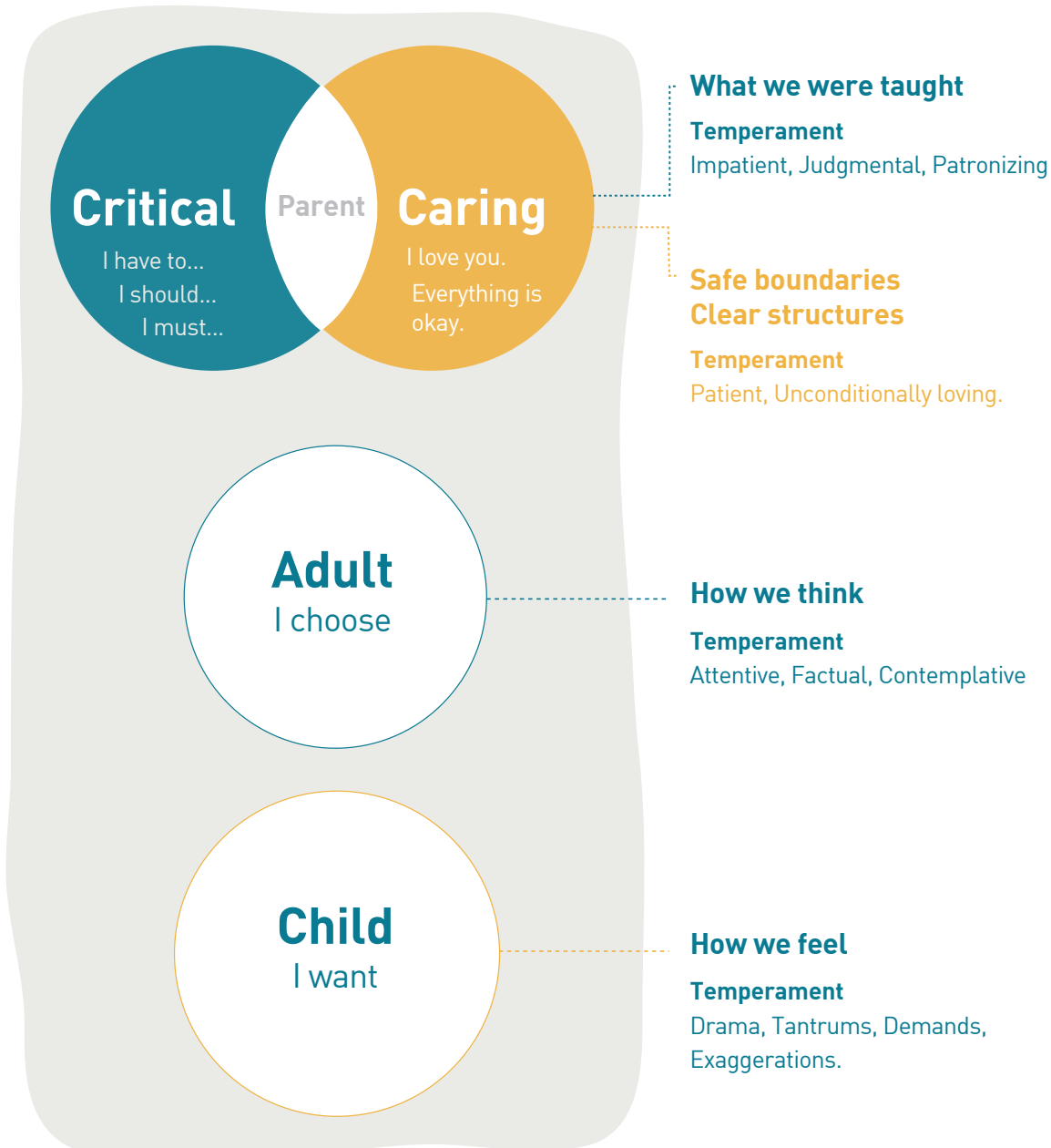


Understand Your Mental Makeup*



Draw your Own Mental Makeup.

What is your current mental state? Tune into the inner voices that rule your awareness. What voice is the loudest? Draw your circles in proportion to their internal size and hold on your psyche. *If you want to want to challenge yourself, ask someone really close to you to draw it for you. As always, notice what you notice.*