

1

ANALYZE

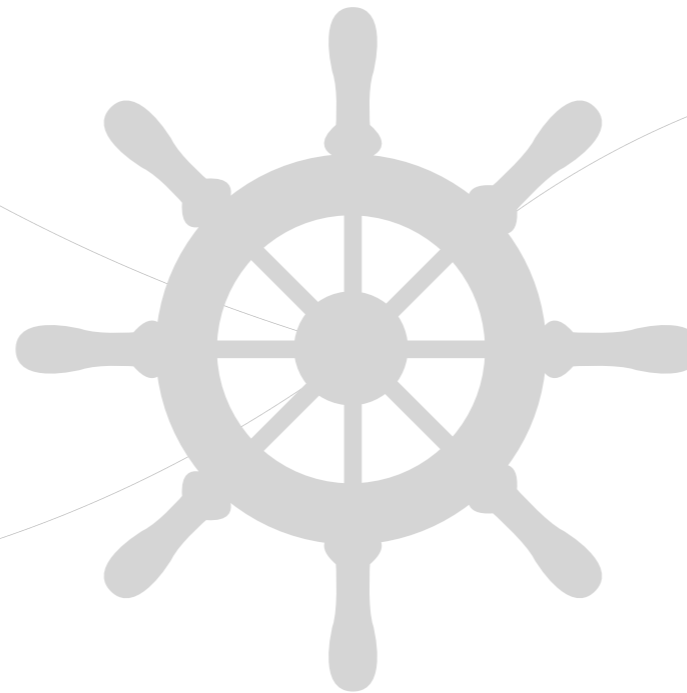
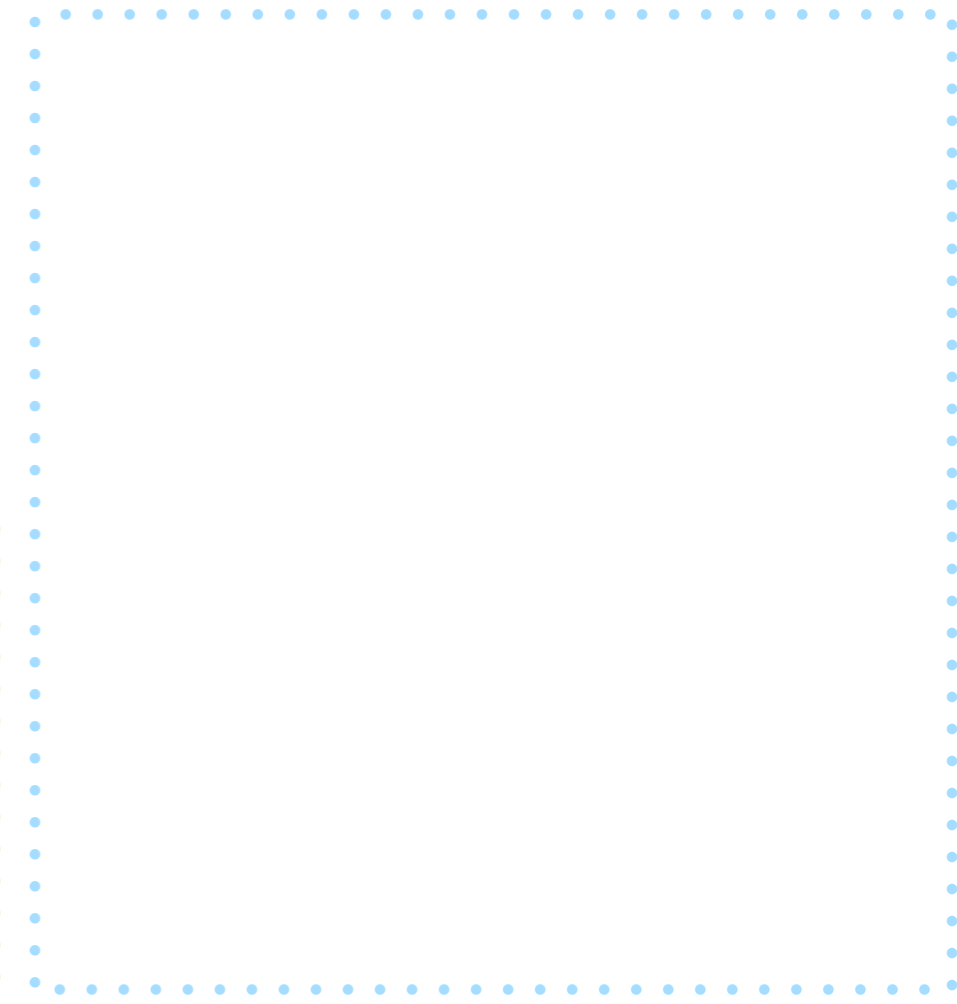
Define what you dislike
Why you don't like it
Why it keeps happening



2

FORMALIZE

How can you avoid it?
By doing, not doing, saying, not saying, buying,
not buying



3

MECHANIZE

Make that action, your liberating action, a
habit

