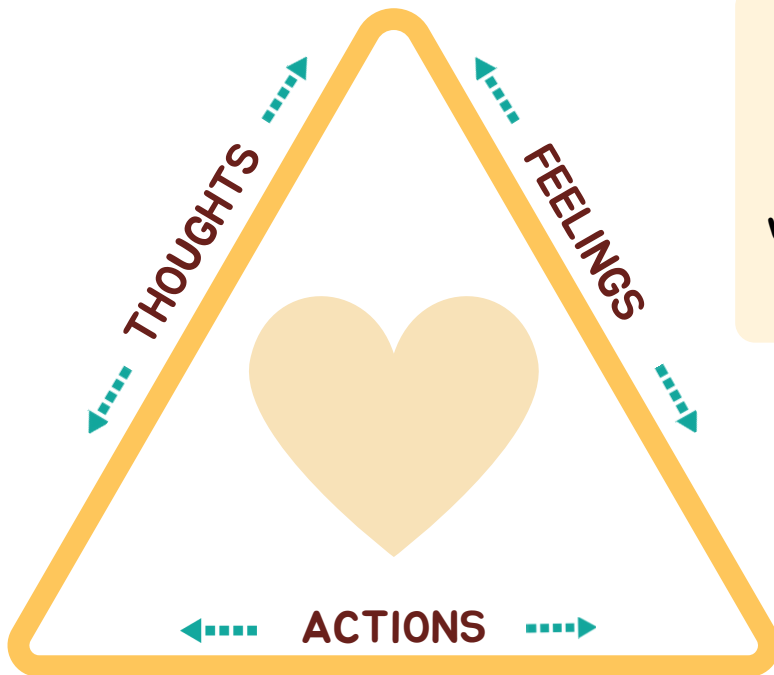


# MAGIC TRIANGLE



When we pay attention to our thoughts, we notice they impact how we feel, and also how we act.

What thoughts can you identify? What happens in your body when you have those thoughts? How do the thoughts and feelings impact your choices?