

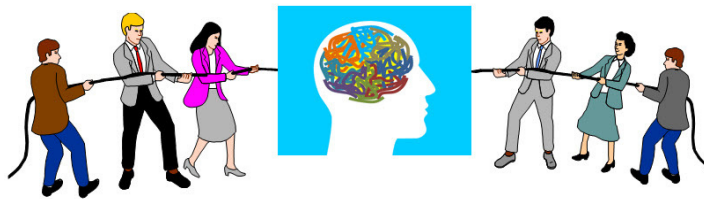
# The Scanxiety Project

## Day 5 Takeaway's

### The Battlefield

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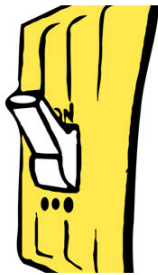
### The Power Equation

$$S + T = R$$

Situation      Thoughts      Response

### Tools To Use

#### *The Gratitude Switch*



#### *Intentions Card*



#### *Mind Push-Ups*

Strengthens Our  
*Attention Muscle!*

