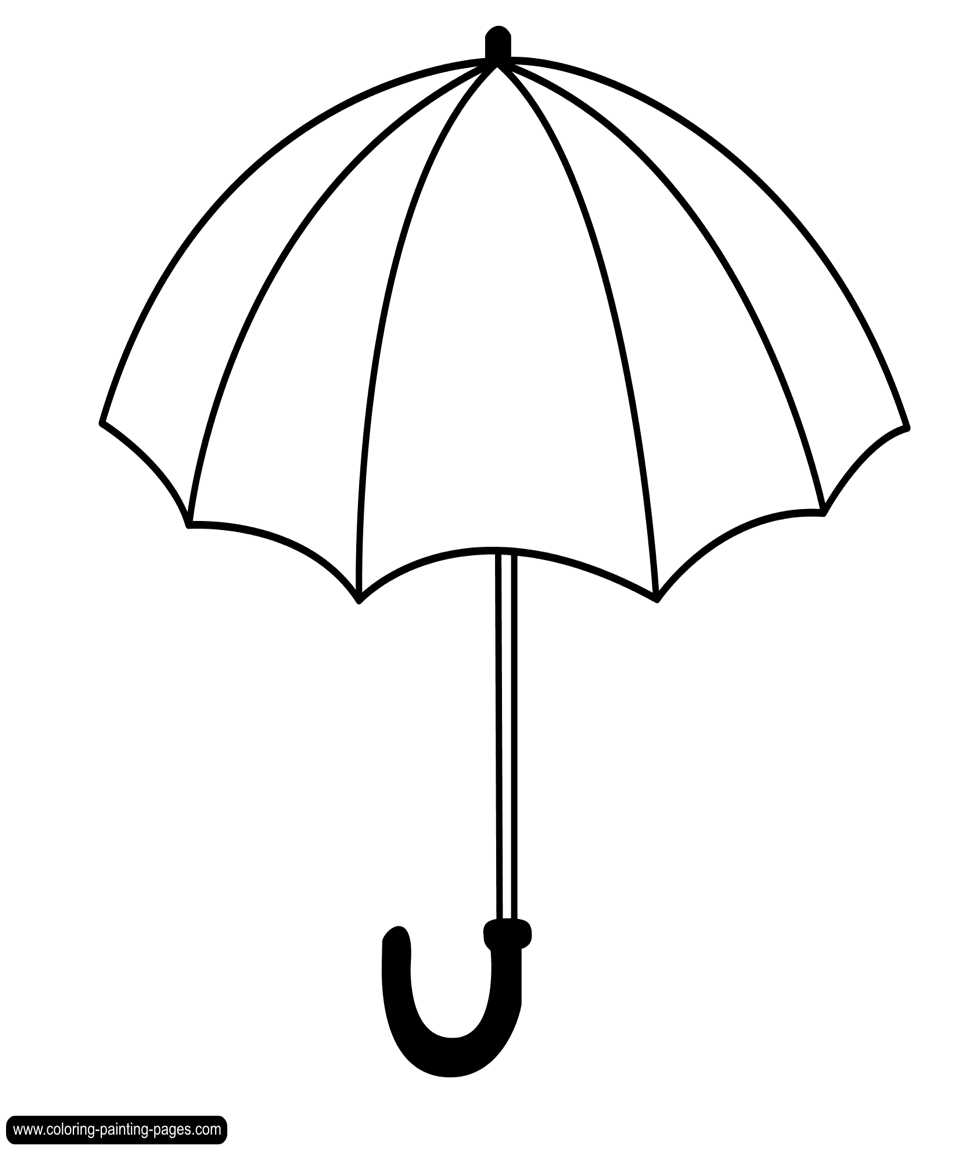
***Step out of Reactivity and Lean into Receptivity***

Keeping myself - Accessible, Responsive & Engaged?

Staying OPEN and Present rather than shutting down ~

***Think of an umbrella -*** 

*What are 3 things you can practice to help yourself stay accountable to the process of*

*staying Receptive and OPEN?*

1.

2.

3.