

Releasing RIQ-d

Healing toward Core
Confidence & High Reality IQ

RIQ-d that holds me
back from

isn't true because

Comes from
hearing/being taught

so I'll stop listening to

when

I'm totally capable of

All I need to do is

So I've scheduled

(habit)

When I feel RIQ-d coming on I'll (tools to get RIQ-0)

Sustainable Dreams University