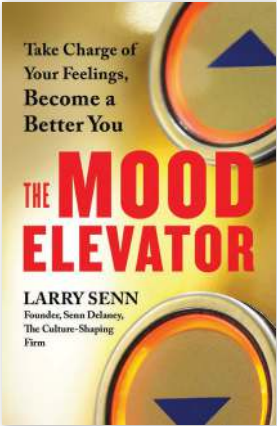


the mood elevator

grateful
wise, insightful
creative, innovative
resourceful
hopeful, optimistic
appreciative
patient, understanding
sense of humor
flexible, adaptive
curious, interested
impatient, frustrated
irritated, bothered
worried, anxious
defensive, insecure
judgmental, blaming
self-righteous
stressed, burned-out
angry, hostile
depressed



Take Charge of
Your Feelings,
Become a
Better You

THE MOOD ELEVATOR

LARRY SENN

Founder, Senn Delaney,
The Culture-Shaping
Firm

themodelevator.com

contact:

info@themodelevator.com