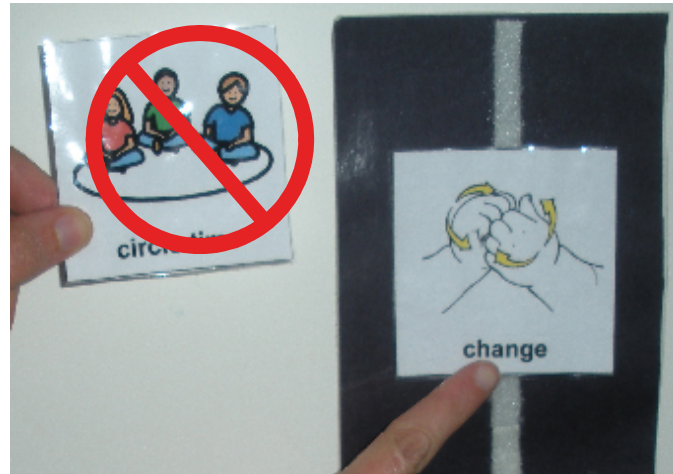


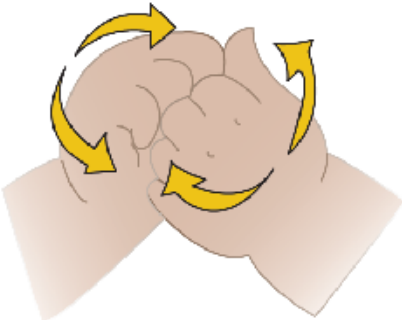
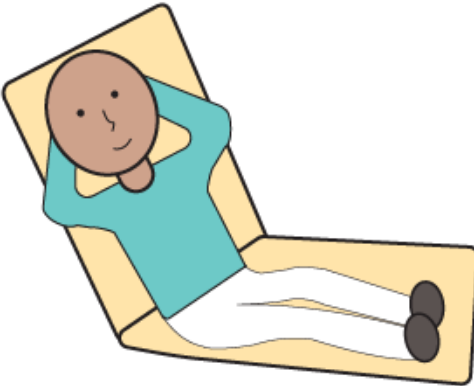


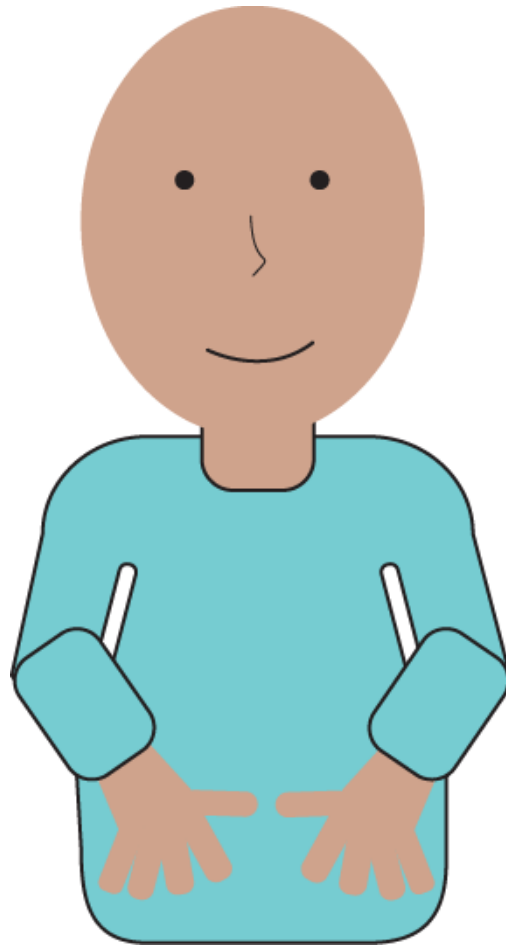
Time for a Change



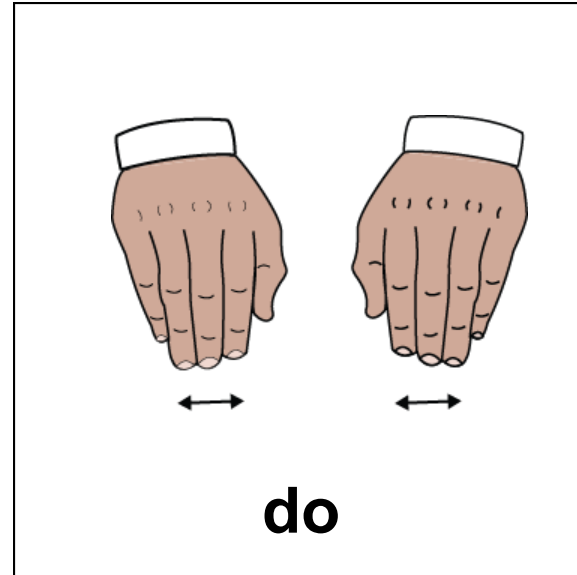
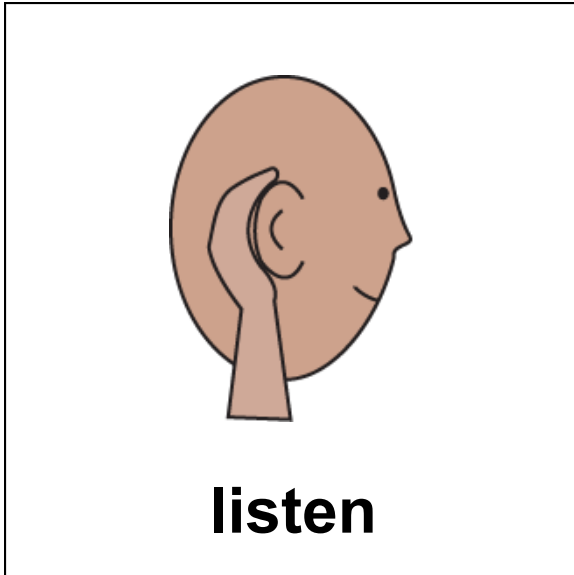
A change is something different.

 <p>1 2 3</p> <p>First</p>	 <p>Then</p>
 <p>change</p>	 <p>break</p>



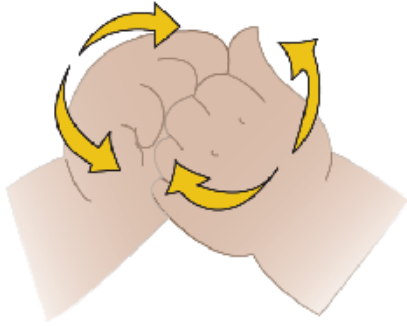
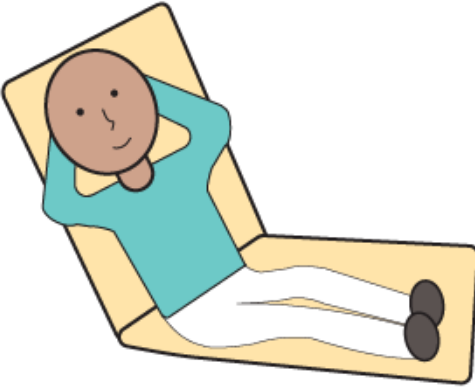
First change. Then break.



I have a calm body.

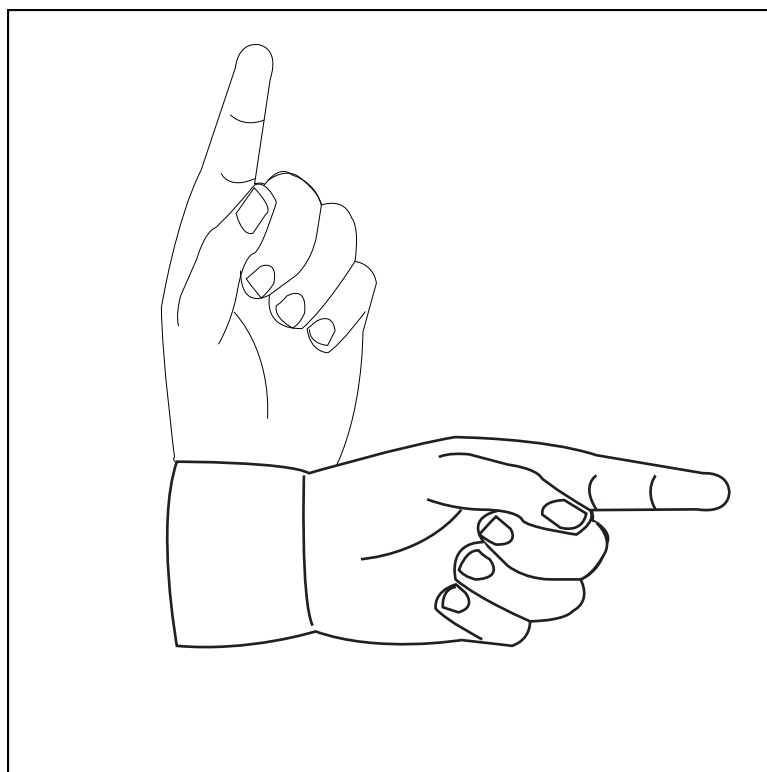


I follow directions.

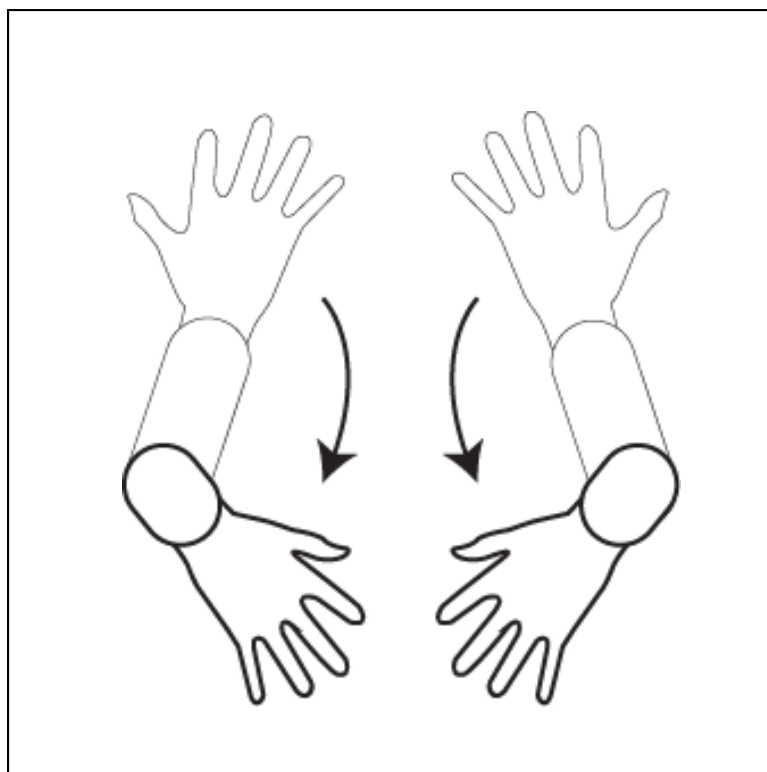
 First	 Then
 change	 break



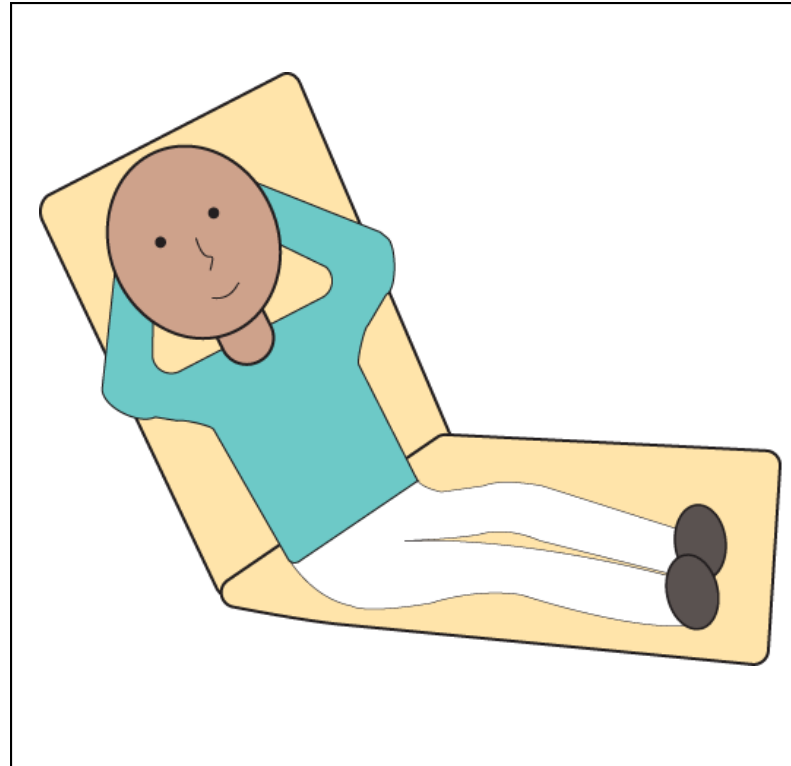
**When I feel frustrated, I remember:
"First change, then break."**



I keep going.



Until I'm "all done."



Time for a break.

The End