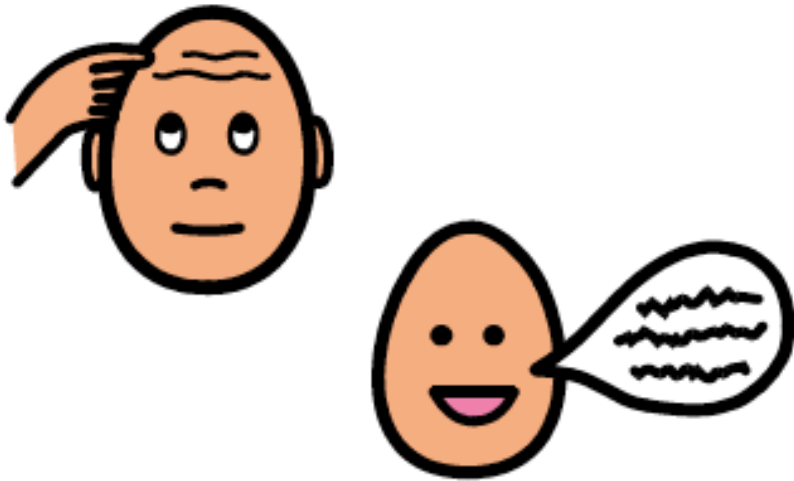


Week 4: Self-Talk

We will use self-talk



to help us focus on our tasks.

