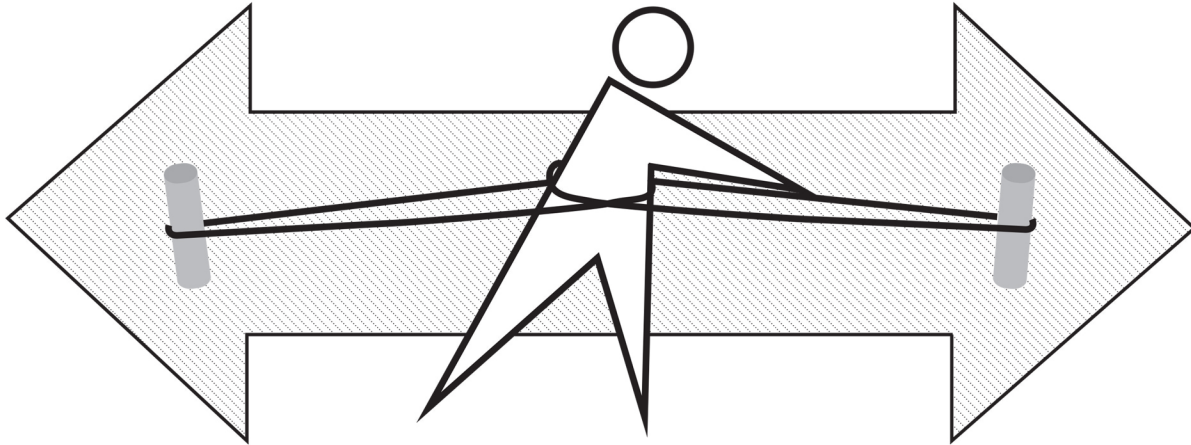


# Pam Farrel's

## 7 SIMPLE SKILLS™ for Every Woman

*Pulling You To Hold Steady*



*Pushing You To Change Directions*

The Decision (write this in a positive, affirmative way.)	
Pulling you to hold steady	Pushing you to change direction