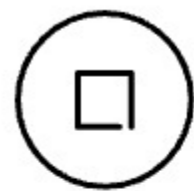
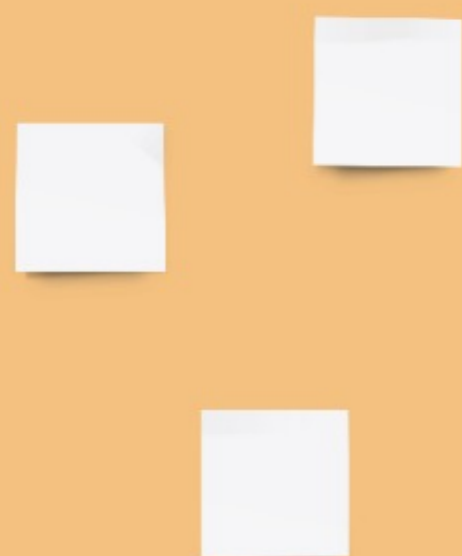




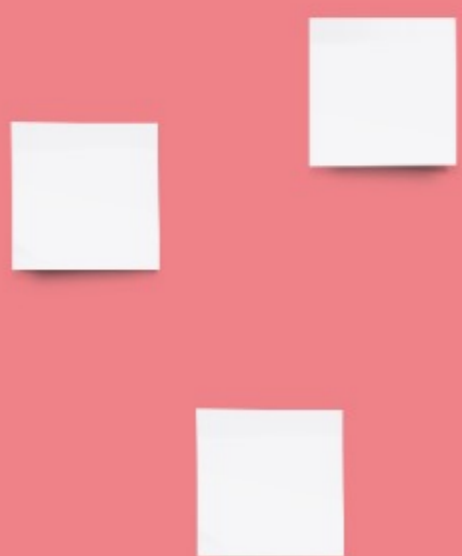
**Start**



**Continue**

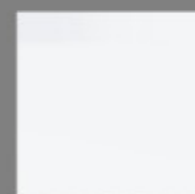


**Stop**



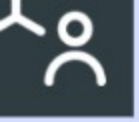
**Action!**

*Who?*



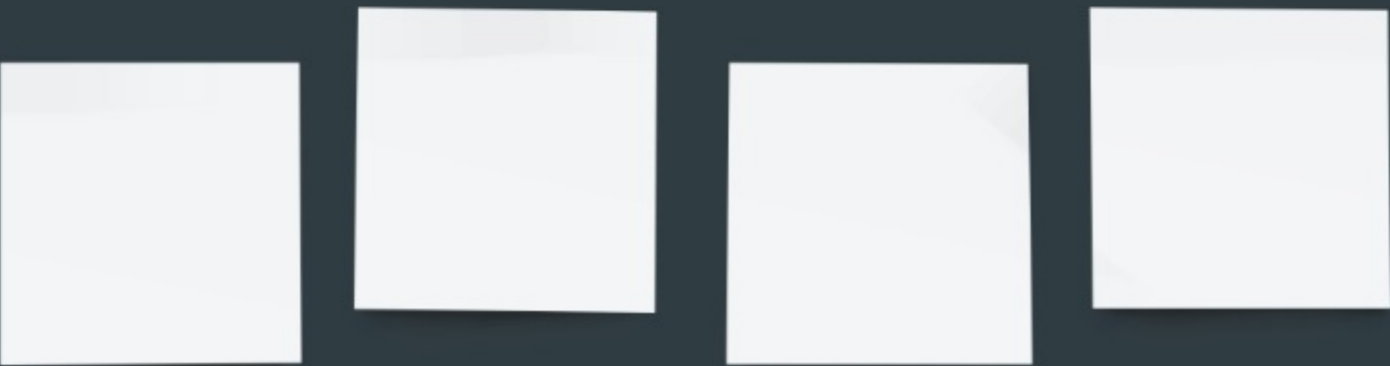
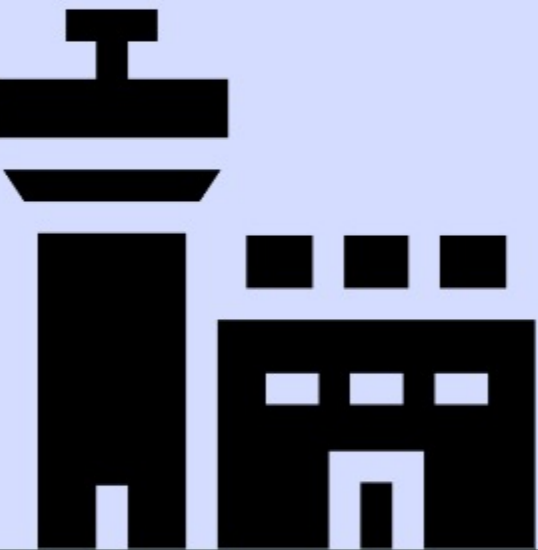
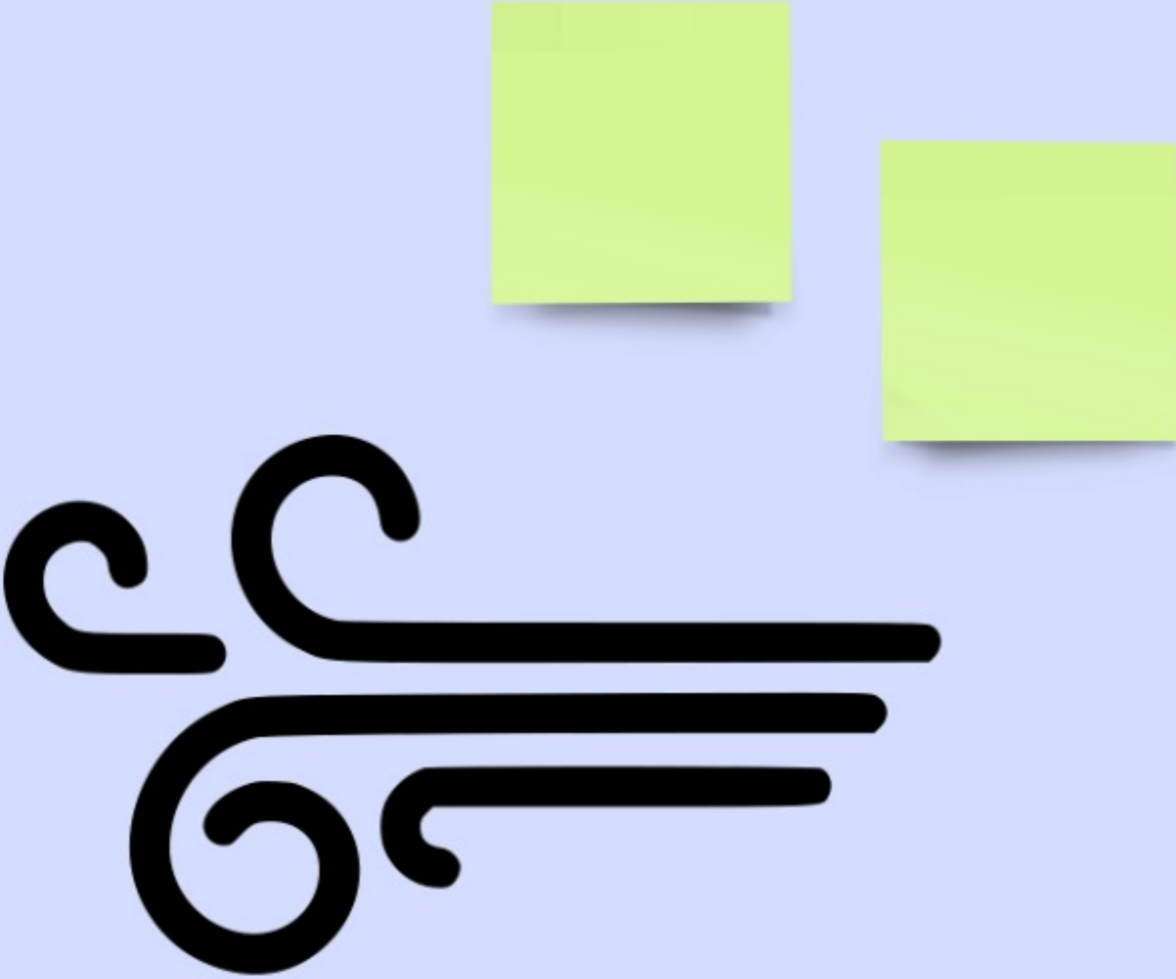
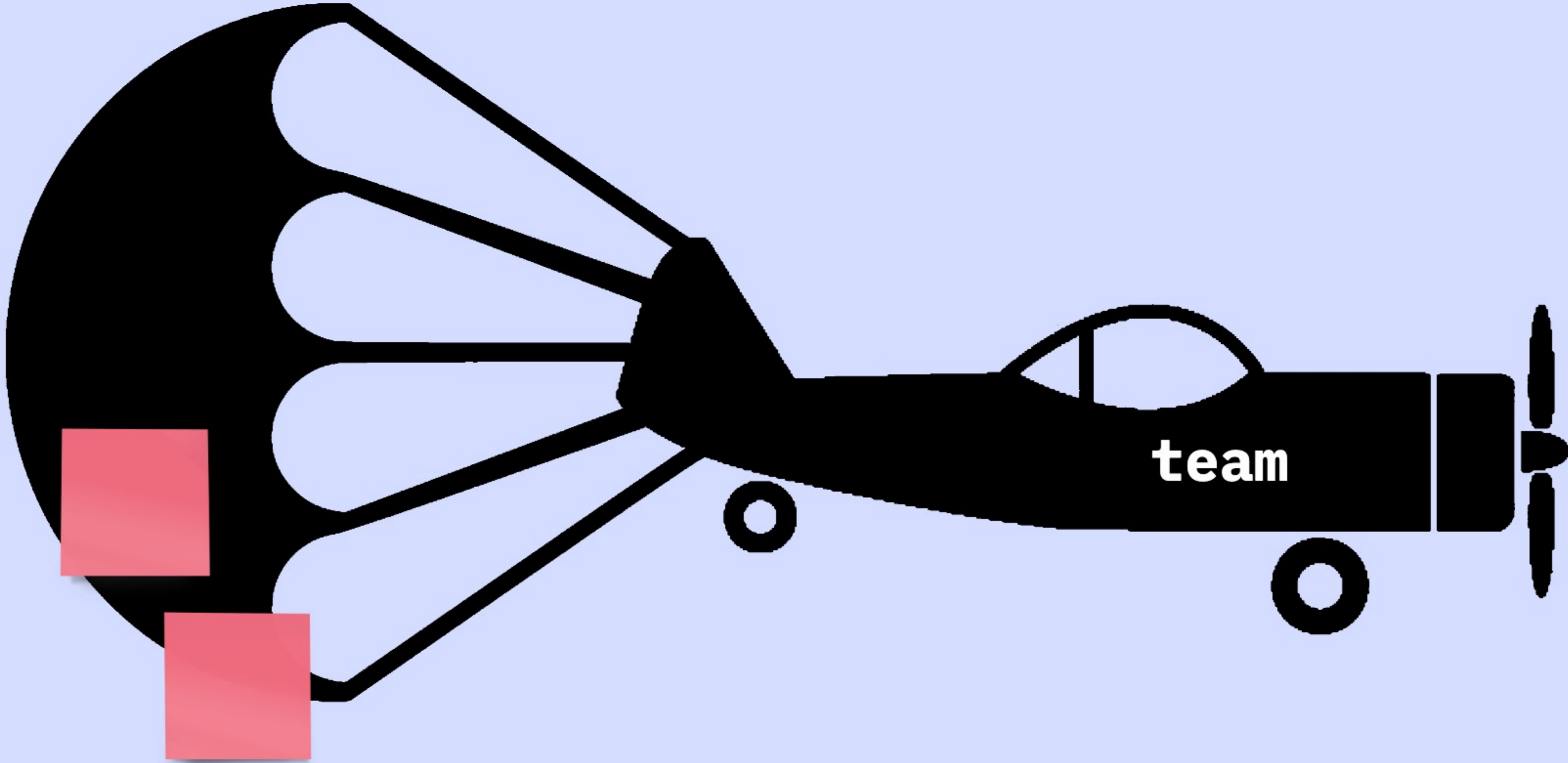
*What?*





what holds us back?

what helps us forward?



goal