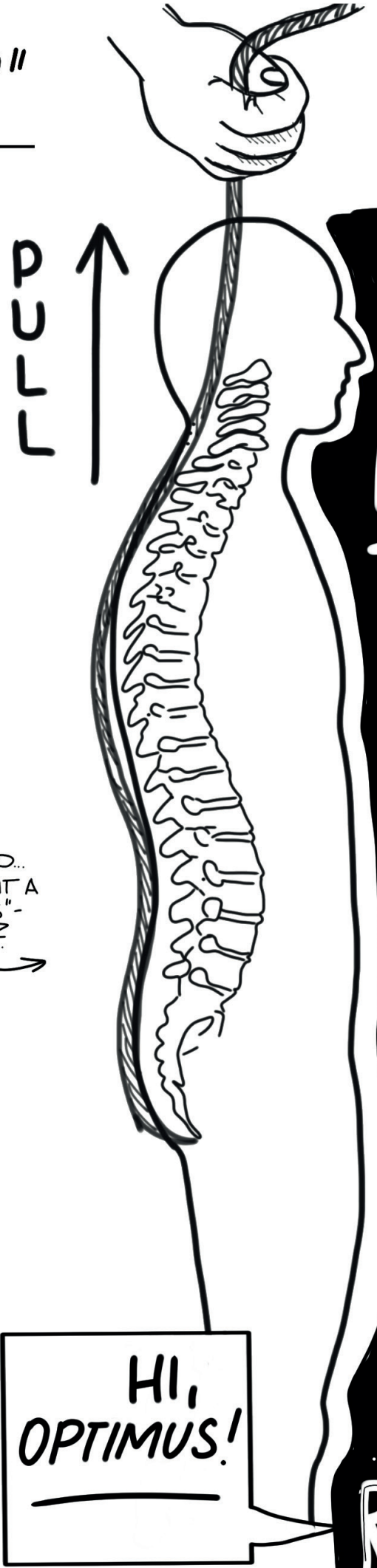


# "HI, OPTIMUS"

THE WORKSHEET



IF YOU FEEL SO INSPIRED...  
CAN YOU MAKE IT A  
"HI, OPTIMUS"-  
RITUAL ?

**STANDUP**  
EXPAND

**Relax**

*Pull the  
THREAD THRU  
YOUR HEAD*

.....

**TAKE A  
DEEP  
BREATH!**  
(IN THRU THE NOSE)

↓ DOZ Z

**INTO THE  
BELLY...**

**CHEST** UP!  
**CHIN** down

EXPAND

**RELAX smile!**