

Are you nervous or stressed about it?

WELCOME THE STRESS

Racing Heart = Preparing you to act

Heavy Breathing = Oxygenating your brain and improving brain function

Sweating = Cooling you down so you don't overheat from the excitement

Stomach Flutters = Making you aware of your body and its body language for your audience

Racing Thoughts = Quick run through of the itinerary to make sure you haven't forgotten anything



Design a Rose

Love on your home