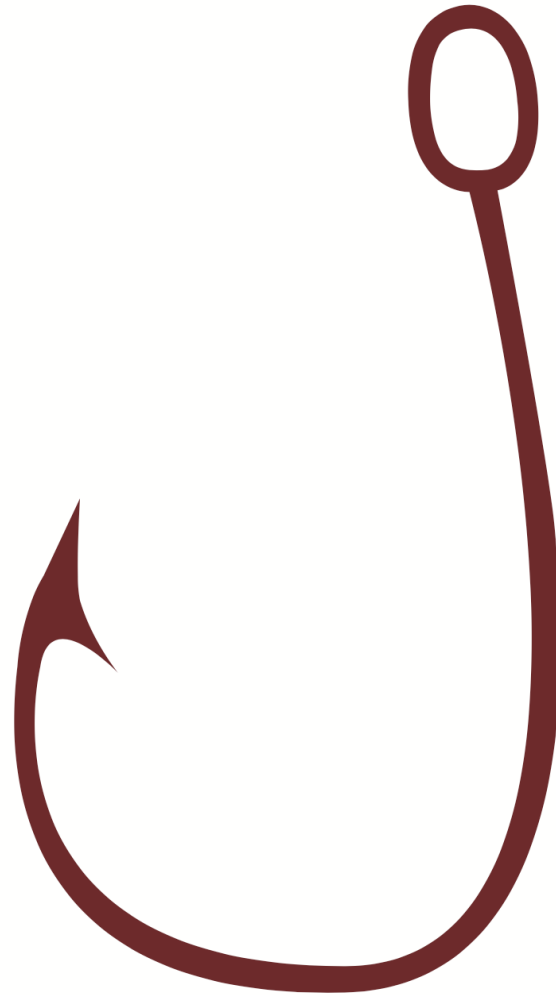
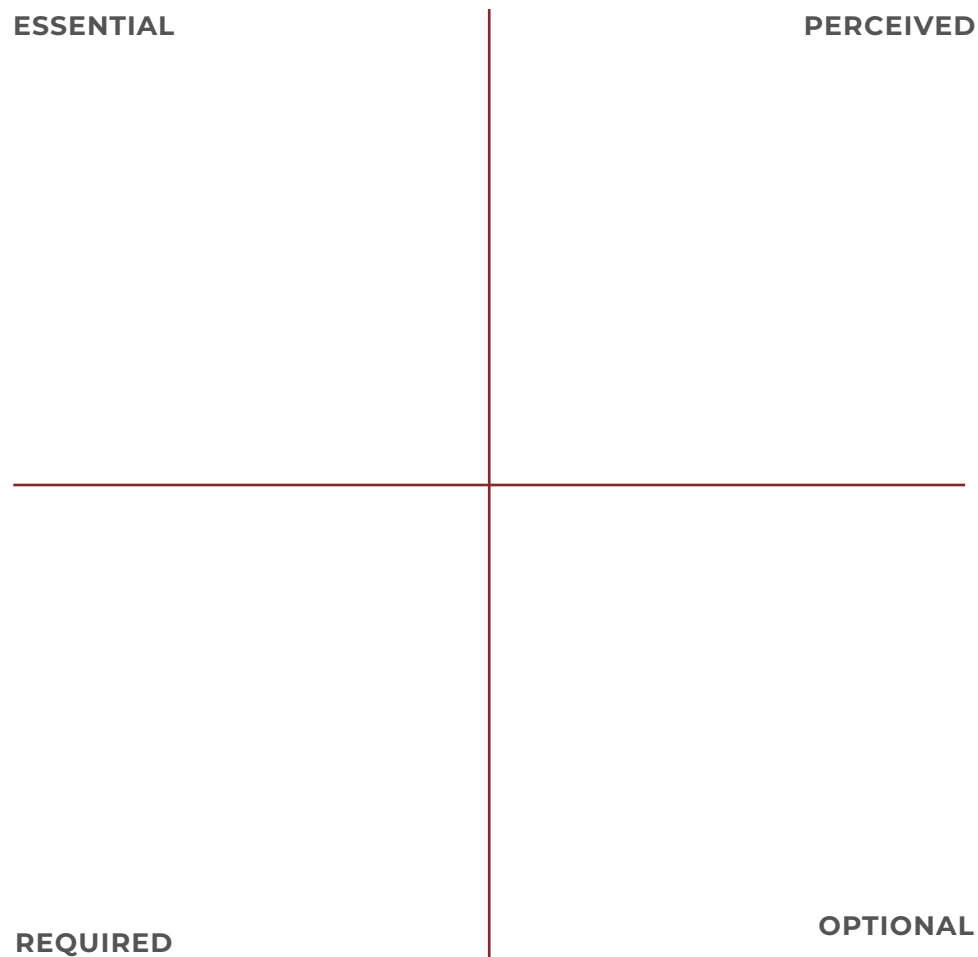


THE **ANXIETY HOOK**



THE STRESS MATRIX



THE HOPE TANKS

The Hope Tanks tool is designed to assess how balanced you are across the four dimensions. It works together with the Four Dimensional health assessment to provide insight into health and growth opportunities. Results are to be recorded below by a line showing the current level of each tank. One can increase their overall sense of hope in each dimension by increasing the level of the corresponding tank through growth.

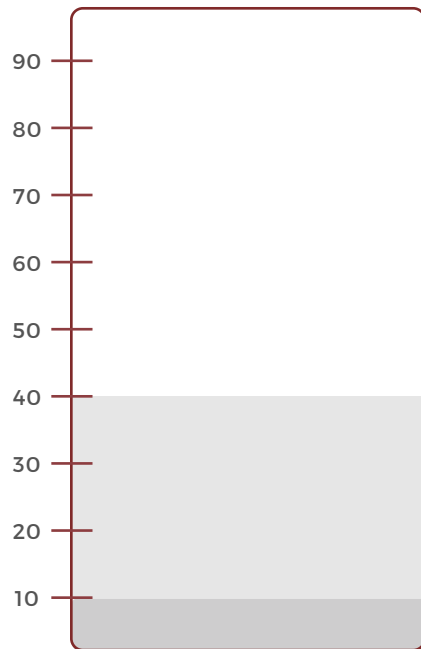


Healthy with Dimensional Lean

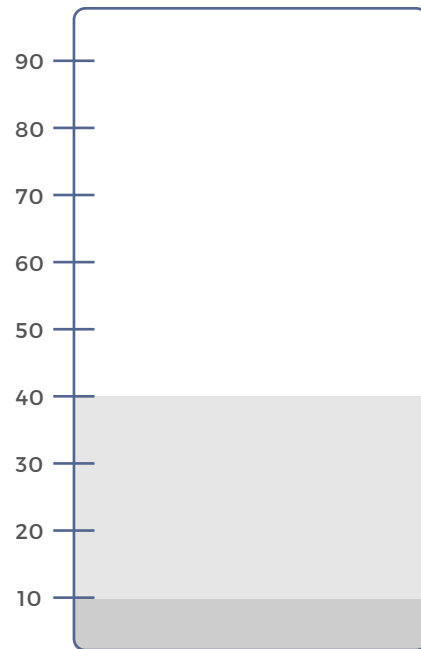


Balanced

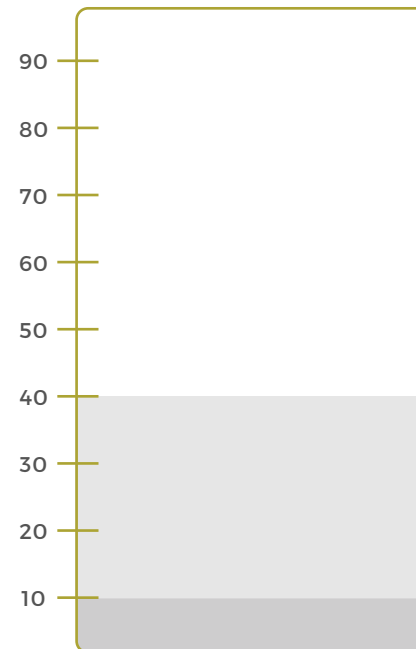
- GROWTH OPPORTUNITY
- DANGER ZONE



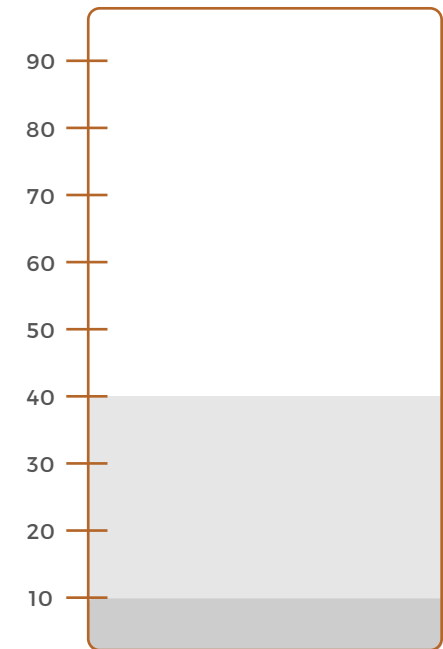
EMOTIONAL



RELATIONAL



INTELLECTUAL



VOCATIONAL