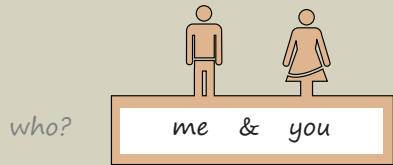




# Lean Response Model



go for

what?



to

why?



if

Yes

No

cause + effect analysis

- aids happiness
- strengthens immune system
- boosts self-esteem



cause + effect analysis

- depression + pain
- possible hair loss
- increase chance of ulcer
- never to smile again



when?

where?



## other suggested activities



- running away from a bear
- helps with stress management
  - is good cardiovascular training
  - helps increase speed



- rollerblading on ice
- a chance to redefine stupidity



- extracting milk from an ant
- builds teamwork & synchronization
  - has never been done before