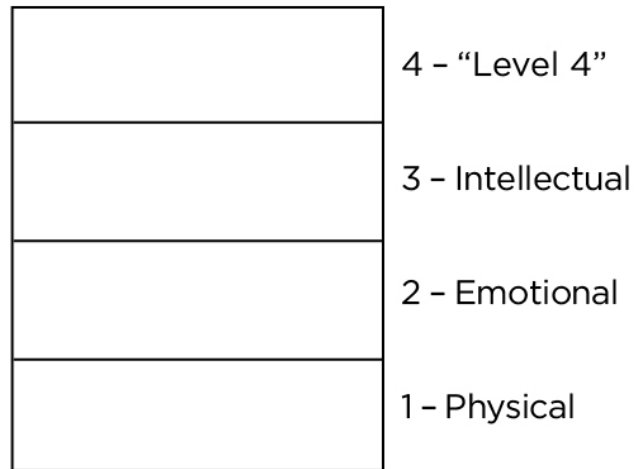


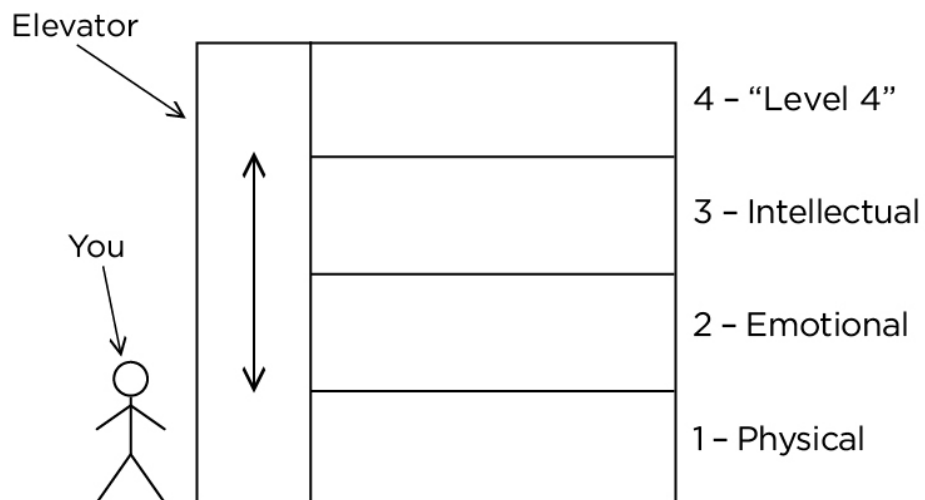
# ***RYIG* Illustrations**

For audiobook listeners, here are the illustrations from *Raise Your Inner Game*.

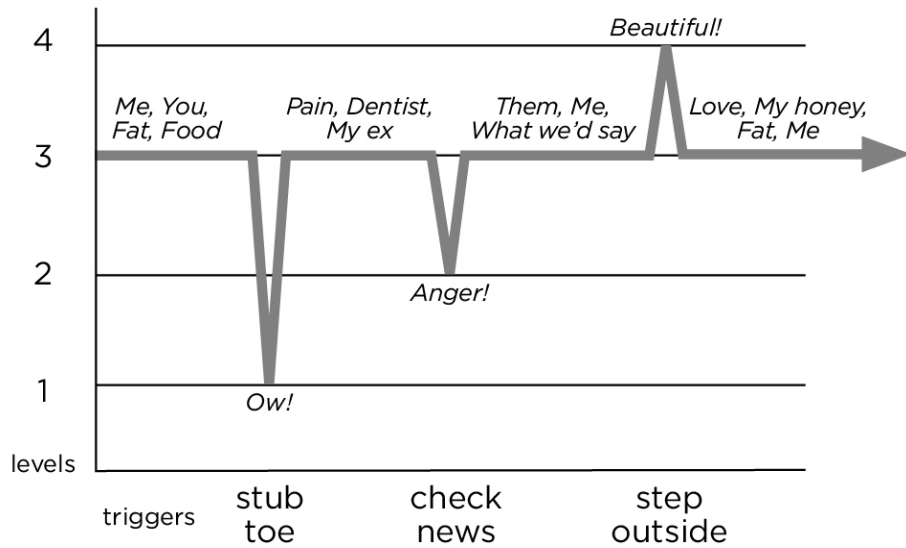
## **#1: THE FOUR LEVELS**



## **#2: "THE INNER GAME FRAMEWORK"**



### #3: TYPICAL INNER LIFE (from Chapter Two)



### #4-5: INNER GAME TRACKER (from Chapter Eleven)

Before:

After:

Date	Lifts	"No. Quiet."	Focused Sitting	Note

Date	Lifts	"No. Quiet."	Focused Sitting	Note
Jan. 1				
1/2				
1/3				weekend
1/4				
1/5				
1/6				
1/7				
1/8				
1/9				got a cold?
1/10				
1/11				