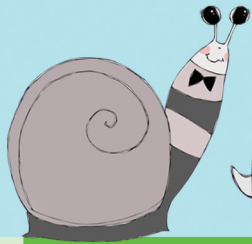


At what speed am I going?



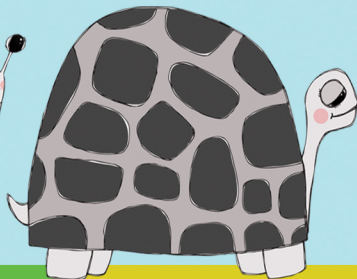
Distracted

I'm not paying attention to what I'm doing.  
I'm not listening.  
My mind is elsewhere.



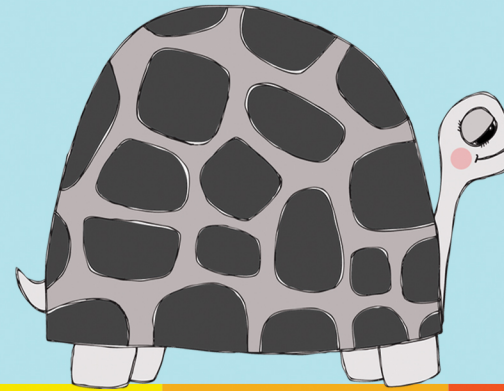
Too slow

I'm not focused.  
My actions and thoughts are heavy and slow.  
I feel sluggish.



Comfortable

I'm getting into a good rhythm.  
I'm starting to pay attention to what I'm doing.



Perfect

I'm focused.  
I work at a good pace.  
I know what I need to do.



Rushed

I'm skipping over some steps.  
I just want to finish.

Sloppy

I am not at my best.  
I don't care anymore and it shows.