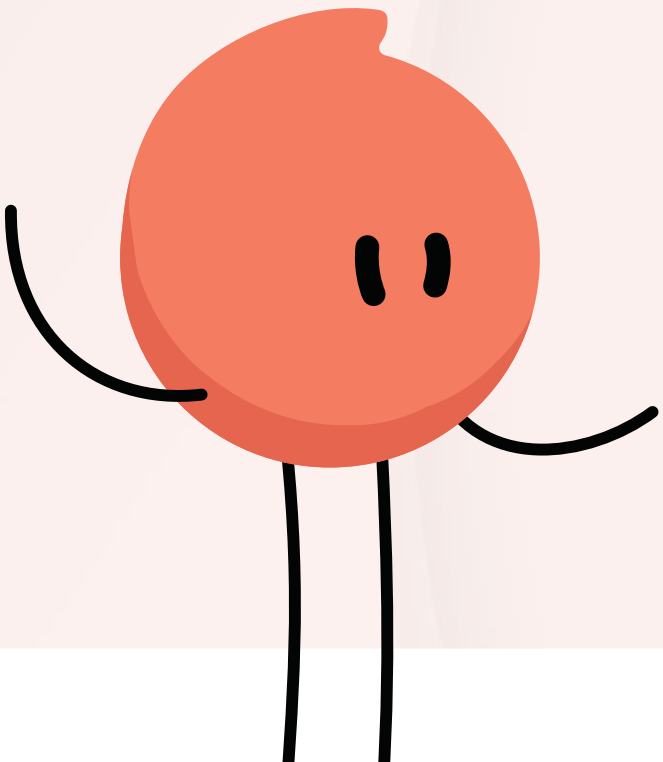
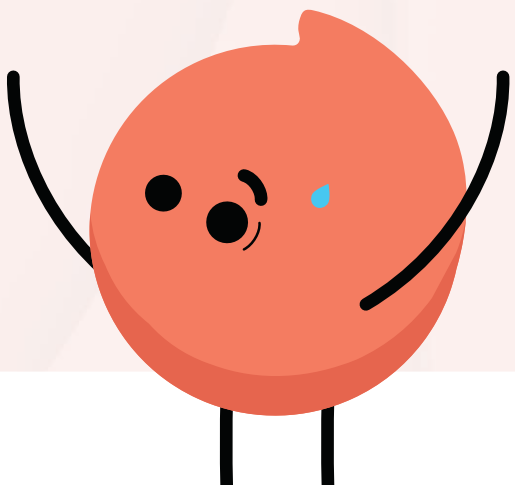
DiGii SOCIAL

Power vs Pressure

Self Improvement	Upset
Stretch Yourself	Stress
Feeling Good	Forced
Positivity	Negativity
Motivate	**Conforming**
Inspired	**Trying to Fit In**
Growth	**Feelings of Failure**
	Unable to Keep Up
	Being Pushed Down