

### 1. HIGH-FUNCTIONING

Today  
 I perform my function  
 I serve my function  
 I carry out my function  
 I understand my function

I operate efficiently  
 I work effectively  
 I am in line with the standard  
 I function from the baseline  
 I achieve my goal  
 I do my job  
 I know my occupation  
 I fulfil my purpose  
 I achieve my tasks  
 I do things

in the  
 right  
 proper  
 correct  
 way

I am the norm  
 I am the median  
 I am the average  
 I am the standard  
 I meet the target  
 I hit the KPI  
 I complete the metrics  
 I perform  
 adequately

\*

*Complete:*

---

*is a function of*

---

*i.e.*

Height  
*is a function of*  
age

\*

### 2. MID-FUNCTIONING

I go to the function  
 I function at the function

I carry out the action  
 for which  
 I exist  
 today  
 I function  
 barely

I am functional  
 no more  
 no less  
 I function  
 at the bare-minimum

\*

*Complete:*

---

*are a function of*

---

*i.e.*

My personal problems  
*are a function of*  
my drinking

\*

### 3. LOW-FUNCTIONING

*Why is my function not a  
 function*  
*Why is my function  
 not outputting anything*  
*Why is my function not  
 working please*  
*Why is my function showing  
 an error*  
*Why is my function not  
 completing*  
*Why is my function not  
 functioning*

Today  
 I function  
 poorly

I am without function  
 My behaviour is  
 outside the prescribed limits  
 below par  
 less than acceptable  
 I am without purpose  
 I am destitute of function  
 I am a functionless component

Tomorrow  
 I will be  
 more

functional.

\*

*Complete:*

---

*is a function of*

---

*i.e.*

Beauty  
 is a function of  
variation

\*