

OOLA LIFE DREAM PLANNER:

Be, Do and Have What You
Want in 7 Key Areas



LIVE
OOOLA

The indispensable first step to getting the things
you want out of life is this: Decide what you want.

—BEN STEIN, actor and author

Are You Ready to Live an Incredible Life?

Millions of people around the world have quietly been using a simple set of steps to get what they want in life—from professional success, to stress-free finances, to loving relationships, extraordinary good health, and a life filled with never-ending growth, learning, inspiration and advancement. Their lives are exciting, compelling, adventurous, and fulfilling.

That kind of life is waiting for you, too.

You only need to decide what you want—then follow the Oola formula for getting it.

What is Oola?

More than 20 years ago, two holistic physicians—Dr. Dave Braun and Dr. Troy Amdahl—identified 7 key areas of life—Fitness, Finances, Family, Field (Career), Faith, Friends, & Fun — where virtually everything in life happens, and where it can all get out of balance. They created a formula for finding balance in each of these areas and called the formula Oola—short for *Ooh-la-la*, that feeling you get when life just *works*—to help people establish new habits, practice new ways of living, and take those daily actions that are key to bringing life into balance, then keeping it that way.

Today, “The OolaGuys” are international bestselling authors, social media influencers, personal growth experts, and founders of Oola Coaching with countless successful clients around the world. Since the first copy of their blockbuster book, *Oola: Find Balance in an Unbalanced World*, rolled off the presses years ago, the Oola lifestyle has become a worldwide phenomenon. In cities across America, Dr. Dave and Dr. Troy arrive in their 1970 VW Surf Bus—inviting fans to write their biggest dreams on multicolored stickers, then slap the colorful circles on the sides of the OolaBus. Twenty-seven layers of stickers later, their city tours are major events, their OolaPalooza live training routinely sells out, and more than a million fans on social media have brought Oola to every major city in the world.

Countless success stories of real people around the globe confirm that the simple, practical, easy-to-implement Oola formula works to help people get healthy, eliminate debt, build wealth, move into their dream career, have more fun, create a better circle of friends, resolve lifelong family conflict, find their ultimate life purpose . . . and so much more.

Now it’s your turn to start living the OolaLife.

To help you clarify what you want to be, do and have in the 7 key areas, this planner will ask you to visualize and decide what you truly want (not someone else’s version of what’s “best” for you):

- | | | |
|---|--|---------------------------------------|
| 1: Your Fitness & Physical Health | 4: Your Field, Career & Calling | 6: Your Friends & Network |
| 2: Your Finances & Debt-Free Lifestyle | 5: Your Faith in God & Daily Walk | 7: Your Fun Time & Bucket List |
| 3: Your Family Relationships | | |

Decide What You Want to Be, Do and Have in Your Life

As you go through the exercises below, you'll be defining what you want to be, do and have in your life. Use the ideas, prompts and memory-joggers in each section to help you think through your ideal life.

Of course, you'll have many more ideas than those presented here. The checkboxes, blanks and questions below are just starter tools to help immerse you in the process. Your heart knows what you want and should be the ultimate source of ideas for you.

Are you ready to live your ideal life? Let's get started!

Your Fitness & Physical Health

One of the greatest aspects of living an ideal life is a healthy, vibrant body that looks good and supports all the activities you want to pursue. If you know your health and body could be improved, start visualizing now what you want them to look like.

Decide what you want to be, do and have in the area of physical health. Complete the following blanks, using the ideas below as hints to determine what you really want.

Decide who you want to BE...

What is your ideal vision of the perfect body and ideal health? Jot down any notes to yourself in the blanks provided:

- Are you free of disease? _____
- Are you free of pain? _____
- Are you full of energy and vitality? _____
- Are you flexible as well as strong? _____
- How much do you weigh? _____
- How long do you live? _____
- Are you relaxed and stress-free throughout the day? _____
- Are you aware of potential toxins in your environment and intentionally reducing them? _____

Decide what you want to DO...

Do you eat healthy foods, drink lots of filtered water, use carefully chosen supplements, reduce toxin exposure and exercise regularly? Describe your ideal daily routine that supports your physical health.

What would you be doing?

Decide what you want to HAVE...

What possessions, conveniences, habits or elements do you **want to have** that support your ideal physical health?

Your Finances & Debt-Free Lifestyle

Your monthly income, spending, debts, savings and investments will dictate the kind of life you lead—including whether you eventually get what you want.

Deciding what you want to be, do and have in your financial life is imperative. And it will usually take some research to discover what things cost. For now, however, let's start thinking about the big picture. Complete the following blanks, using the ideas below as hints to determine what you really want.

Decide who you want to BE...

- High net worth individual with minimum investments of \$ _____
- An employee earning \$ _____ per year in salary or commissions
- An entrepreneur whose business generates \$ _____ per year in revenues
- Retired, living on investments that generate a monthly income of \$ _____
- Regular saver with a financial advisor who invests for you
- Individual investor who makes investment decisions and trades for yourself

What other skills, traits, and abilities make up **who you want to be** as a financially savvy person?

Decide what you want to DO...

Describe your ideal financial life. What activities and people does it include at your ideal level of income, investments, retirement and philanthropy? What do you see yourself doing every day?

Decide what you want to HAVE...

A nice income, the peace of mind that comes with a carefully invested nest egg, and the ability to treat your family and others to nice experiences and gifts are just some of the benefits of a stable financial life. It also allows for luxury possessions, travel and privileged experiences.

What do you want to **have** in your life that is funded by your income and investments? Take a look at the ideas below to help you decide what you want (describe each item in the blanks):

Your ideal: Monthly cash flow \$ _____ | Annual Income \$ _____

How much do you have in: Savings \$ _____ | Investments \$ _____

What is your total net worth: \$ _____

What does your perfect home look like? Where is it located? Does it have a view, a waterfront setting, guest house, gourmet kitchen, pool, stables, or something else? What does the furniture and art look like? Mentally walk through your perfect house, filling in all the details.

For now, don't worry now about how you'll acquire it. Just decide what you want to have in your perfect home and jot it down:

What other “trappings” are you enjoying in your perfect life that your good finances will afford (ex., nice car, cutting edge technology, vacation home, designer clothes, jewelry, antiques, etc.)?

Your Family Relationships

One of the most fundamental requirements for the survival of humans is social interaction. And your own family members are the most foundational connections of all.

But how these family relationships support, affect, enhance or expand your life is up to you. The key is to decide what you want to be, do and have in your family relationships. First, let’s think about the big picture, then fill in the details. Complete the following blanks, using the prompts below to determine what you really want.

Decide how you want to BE in your relationships...

What do your relationships with your “inner circle”—your spouse, children and perhaps a favorite aunt—look like? How do you show up as your best self in these relationships? How do they interact with you, support you and love you in your perfect life?

What do your relationships with your parents and siblings look like?

What other characteristics define **who you want to be** in your relationships?

Decide what you want to DO...

Describe what you want to do to create ideal family interactions. What steps do you want to take to improve, change or resolve things between family members? What empowering, fun and positive activities do your relationships include?

Decide what you want to HAVE...

What are the characteristics of these family relationships that you want to have? Do you want to have help around the house, support in disciplining children, a schedule of twice-a-month date nights with your spouse, or something else?

If you are single or somehow separated from your original “family,” describe the inner circle family you would like to have: a soulmate, friends who love you like siblings, your own children someday, or an “adopted mom” or father-figure.

Your Field, Career & Calling

For most people, a job, career or profession not only occupies the majority of the workweek, it also forms a large part of your identity. It affects your well-being and contributes to (or diminishes) your happiness and contentment. It can up-level your finances, your relationships, your personal growth and more. And if you’re following a career as a full-time parent, you’ve chosen one of the most demanding and important jobs in existence.

Deciding what you want to be, do and have in your career will set the stage for every other area of your life. So let’s start here, with an exercise that will get you thinking about the big picture and the little details. Complete the blanks below, using the ideas you see as hints to help determine what you really want.

Decide who you want to BE...

Your dream job title _____

Your dream role _____

(Manager, crew leader, relationship-builder, support person, collaborator, loner, researcher, etc.)

If you owned a business, who would you be? _____

(Consultant, coach, retailer, real estate broker, personal trainer, sales rep, baker, artist, engineer, etc.)

If you retired early, what new role would you create for yourself? _____

(Volunteer, advocate, influencer, elected official, world traveler, nonprofit founder, grandparent, etc.)

Now fill in some more details of **who you want to be** in the future:

Your education level _____

Certifications you've achieved _____

Recognition you've earned _____

Industry reputation you've developed _____

Awards you've won _____

What other skills, traits, functions and abilities make up **who you want to be** in your field?

Decide what you want to DO...

Describe your ideal work day. What activities and people does it include?

Decide what you want to HAVE...

Careers come with a lot of things we'd like to "have," from a boss who inspires us... to the respect of our peers... to a corner office... to flex-time, autonomy, telecommuting and more. What do you want to have in your work life? Take a look at the ideas below to help you decide exactly what you want (then write that in the blanks):

- Acknowledgment/recognition _____
- Work schedule/time off/parenting leave _____
- Benefits _____
- Work environment _____
- Equipment/facilities _____
- Assistance/staff/household help _____
- Perks/expense account/vehicle _____
- Autonomy/flexibility/growth _____

What other perks, benefits, trappings, conveniences, habits or elements do you **want to have** in your career?

Your Faith in God & Daily Walk

Many successful people attribute their achievements to a strong belief in God, as well as prayerful, daily devotion to a closer walk with Him. Others renew their faith after a lifetime of struggle.

Wherever you are in your faith walk, at Oola we say that *where you are* is not *who you are*. You were designed for greatness; your life circumstances do not define you. You have a special purpose on this Earth and an active relationship with God will help you discover that life purpose.

So what would your faith look like if you could be, do and have what you wanted in this area?

Decide who you want to BE...

Check the boxes below about the faith-focused person you envision yourself to be:

- I want to grow in: My knowledge of The Scriptures My faith in times of need or fear
- My outlook about the future My commitment to prayer Tithing
- Seeking God's counsel and intervention Expressing gratitude every day, in all things

What other traits make up **who you want to be** as someone who is committed to their faith?

Decide what you want to DO...

Describe your ideal faith walk. What activities does it include?

- | | |
|--|--|
| <input type="checkbox"/> Actively participating in a church that resonates with me | <input type="checkbox"/> Teaching faith to my children |
| <input type="checkbox"/> Daily Bible study or devotional reading | <input type="checkbox"/> A daily gratitude practice |
| <input type="checkbox"/> Meditation and prayer | <input type="checkbox"/> Being a role model for others |
| <input type="checkbox"/> Saying grace at mealtimes | <input type="checkbox"/> Praying with my children |
| <input type="checkbox"/> Prayerfully considering major life decisions | <input type="checkbox"/> Accept God's timing/methods |
| <input type="checkbox"/> Seek marriage counseling with a pastor or other clergy | <input type="checkbox"/> Serving others as a volunteer |
| <input type="checkbox"/> Seek counseling for past guilt, hurt or trauma | <input type="checkbox"/> Going on a missions trip |

Decide what you want to HAVE...

Belief in God and an active relationship with Him leads to a renewal of our lives that simply can't be accomplished any other way. Check the prompts below and decide what you want to have in your life as faith-focused person.

- Clarity about life decisions
- Confidence about your future
- A network of others who think like you and who can support you in tough times
- A unique purpose you can pursue with passion

- Healing of a past hurt, release from longstanding guilt, or relief of a past trauma
- Better judgment, more wisdom and greater discernment when making decisions
- Faith in the ultimate outcome when things go bad or “life lessons” occur
- Courage to talk to loved ones or friends about faith

What other advantages, psychic benefits, or positive feelings do you **want to have** from your faith?

Your Friends & Network

It’s said that we become like the five people we hang out with the most. Well, who are you hanging out with? If your friendships and social circle could use some fine-tuning, this is your chance to “reverse-engineer” the friendships and social relationships you want—including *being a better friend yourself*. By choosing to be a good friend, you will naturally attract other supportive, positive and loving people into your world.

The key is to decide what you want to be, do and have in your friendships. First, let’s think about the big picture, then fill in the details. Complete the following blanks, using the prompts below to determine what you really want.

Decide who you want to BE in your friendships...

What do your close friendships look like? How do you interact with friends? What is your desired role in these relationships?

How do others show up for you? How do **you** show up as your best self in these relationships?

What other characteristics define **who you want to be** in your relationships?

Decide what you want to DO together with friends...

Describe your ideal relationships—including those with people you would like to meet in the future such as mentors, advisors, and new best friends. What do you see yourself and your friends doing together? What empowering dialog, fun activities and positive experiences do your friendships include?

Decide what kind of friends you want to HAVE...

Who are the ideal friends, colleagues and others you would like to add to your life? Take a look at the ideas below to help you decide who you want to have—describing them by name, if possible, or at least by their characteristics if you don't know them yet (write it in the blanks). We call this “reverse engineering” the friendships you want.

- Friend/confidante/BFF _____
- Mentor/coach/advisor/trainer _____
- Business partner/investor/joint-venture party _____
- Spiritual advisor/pastor/minister _____
- Acquaintances/tribe/crew _____
- Followers/fans/readers/students/listeners/viewers _____

What other friendships do you **want to have** in your life?

Your Fun Time & Bucket List

Over the past few decades, studies have shown people are working more and vacationing less. But free time and recreation are part of an ideal life. And deciding what you want to be, do and have during your “down time” will improve and enhance every other area you want to improve.

Complete the blanks below, using the ideas as hints to determine what you really want.

Decide who you want to BE...

Your ideal “downtime” activity(s): _____

Your dream role _____

(Athlete, performer, hobbyist, competitor, writer, traveler, history buff, cook, crafter, artist, etc.)

What skills, characteristics, functions and abilities make up **who you want to be** during your free time and recreation time?

Decide what you want to DO...

Describe your ideal free day. What activities and people does it include?

Write down 10 or more “Bucket List” experiences you want to **do** in your lifetime:

Travel Destinations

_____	_____
_____	_____
_____	_____

Attending or Participating in Events

Awards or Recognition

Meeting Famous People

Something Else

Decide what you want to HAVE...

What conveniences, equipment, possessions, trappings and other items would make your free time more enjoyable? What do you need in order to pursue your Bucket List above: A passport? Funding? Unique skills? Courage? Special connections?

Start Living Oola in Your Own Life, With a Formula And a Coach Who Will Guide You Step-By-Step!

Most of us have big dreams for our lives. But what stops us? Work, family, financial pressures, and the hectic pace of our daily lives gets in the way.

If you've forgotten what it's like to dream big and passionately pursue something you want to do... if you wish you had a friend and mentor who thinks like you and who can inspire you to achieve big goals... if you need someone who can guide you to the people, strategies and resources you're looking for...

The Oola Coaching Program may be for you!

When you team up with the private Oola Certified Life Coach who sent you this Oola Life Planner, you'll be working weekly with an expert advisor who can help you turn your dreams into achievable goals – then support you in pursuing those goals with enthusiasm. Together, you'll focus on ways to reach your career ambitions, personal goals and lifestyle objectives. Together, you'll share ideas, unlock new paths, and celebrate your wins. But most importantly, your Coach will hold you accountable for making progress in every area of your life.

In fact, one of their most important tasks will be to inspire you to keep going.

The reality is we don't always have someone in our life who can fill this role. Loved ones, spouses and friends are rarely impartial. In fact, they're far too close to our situation to be neutral. Plus, if you've ever asked a friend to be your workout buddy or financial accountability partner—only to have them flake on your regular meetups—you know that a professional is really the only person who will be dedicated to your success over time.

You've Probably Heard of Coaching. But What Is Oola?

Oola is short for *Ooh-la-la*: it's what life feels like when you're happy, growing, and looking forward to what the world has in store for you. It's the feeling you get when you've landed that better job, grown a bigger business, or watched your kids succeed at something they're passionate about.

It's what you tell yourself when you've bought that dream house, saved your first \$10,000, or paid off the last of your debts. It's the confidence you feel being fit and date-night ready for the first time in years—or the sense of wonder and enchantment you feel on your first trip to Paris with friends.

Whatever rocks it for you, Oola means living life firing on all cylinders—joyful, wholehearted, and ready to take advantage whenever good times and opportunity appear.

Oola is also the proven formula for getting back on track, and finding balance in our unbalanced world.

More than 20 years ago, two holistic physicians—Dr. Dave Braun and Dr. Troy Amdahl—created Oola to help people establish new habits, practice new ways of living, and take those daily actions that are key to bringing life into balance, then keeping it that way on an ongoing basis. Today, “The OolaGuys” are international bestselling authors, social media influencers, personal growth experts, and founders of the Oola Coaching Network with countless successful clients around the world.

Since the first copy of their blockbuster book, *Oola: Find Balance in an Unbalanced World*, rolled off the presses years ago, the Oola lifestyle has become a phenomenon with over a million readers seeking the OolaLife. In cities across America, Dr. Dave and Dr. Troy arrive in their 1970 VW Surf Bus—inviting fans to write their biggest dreams on multicolored stickers, then slap the colorful circles on the sides of the OolaBus. Twenty-seven layers of stickers later, their city tours are major events, their OolaPalooza live training routinely sells out, and more than a million fans on social media have brought Oola to every major city in the world.

Countless success stories of real people around the globe confirm that the simple, practical, easy-to-implement Oola formula works to help people get healthy, eliminate debt, build wealth, move into their dream career, have more fun, create a better circle of friends, resolve lifelong family conflict, find their ultimate life purpose . . . and so much more.

Now, through a unique alliance of professionally trained Oola coaches—and weekly delivery of dynamic lessons from Dr. Dave and Dr. Troy—you, too, can experience what others are already living: the OolaLife.

Happy, Balanced and Growing in Every Area: Now That's a Life That Works

If you took inventory of your life today, you'd discover that every circumstance, challenge, opportunity and achievement you experience fits into 7 major categories:

- Fitness
- Finances
- Family
- Field (Career)
- Faith
- Friends
- Fun

We call these “The 7 F’s of Oola,” and focusing on improving in each of these areas will get you to the OolaLife faster than almost any other way.

Oola is not about achieving an important goal in a single area. It’s not just about making more money or losing weight or meeting your soulmate. It’s **also** about tackling the tough stuff, cleaning

up relationships, setting boundaries, and eliminating stress—all while dreaming big dreams again and putting together a plan to get the **complete** life you want . . . the OolaLife.

Now, through the unique Oola Coaching Program, Dr. Dave and Dr. Troy will help you stay focused on The 7 F's, while you work **personally**—week after week—with the Certified Oola Life Coach who sent you this document . . . and who will keep you accountable to creating lasting change.

Are you ready to get your OolaLife?

Why not set up a time to talk to your Coach about creating your own OolaLife today?

Find Balance in an Unbalanced World With the Oola Coaching Program

Together with your Coach, the Oola Coaching Program is the most effective—and yet the simplest—life-changing program available today. To create this ground-breaking experience, The OolaGuys have drawn from more than 30 years of experience in discovering, implementing, and verifying what makes people's lives balanced, growing and happy.

Along with that knowledge, they've added their own personal experience as strategic advisors to many of the most successful people alive today. It's this wisdom and experience that enlightens the comprehensive materials, training and exercises you'll receive.

In fact, together with your Coach, Dr. Dave and Dr. Troy will join you on your journey, delivering learning tools and videos to your email inbox each week. In between these video lessons, your Coach will work with you via private one-on-one sessions (by phone or online) to create a plan for tackling what YOU need to work on. Your Coach will also keep you accountable to focusing on goals (and action steps) as you bring your life into balance.

Your Oola Coaching Program starts with a Confidential Coaching Questionnaire, designed to familiarize your Coach with your greatest opportunities and challenges—before the two of you ever start working together. Imagine being guided by someone who understands your situation thoroughly from the very first day of your Program. But don't worry: there's no "big reveal" or scary questions in there. Just a thoughtful look at your current life circumstances.

Then, every week you'll receive a video-learning module via email so you can begin applying what you learn and be ready to check in with your Coach. Each video lesson arrives with a printable PDF workbook to teach you more and give you suggested action steps for the week.

In-between the weekly modules, your Oola Coach will schedule 30-minute private coaching sessions to help you get results from the strategies you'll be learning. Typically scheduled on the same day and time, you can always book these sessions to fit around your work life, home life,

travel plans and other activities. During each coaching session, you'll work on establishing new and important habits and behaviors to reinforce your success. Not only that, but you'll also work with your Coach to plan those tasks needed to move forward on your goals. Plus, your Coach will guide you, keep you on track, and help you get “unstuck” as you're making important changes in your life.

But make no mistake: your Oola Certified Life Coach is a seasoned professional with extensive life experience.

They can help you:

- Develop a plan to “reinvent” yourself, looking at the most important categories in your life—from your finances to your health to your career and more.
- Shift your focus from “busy-ness” to taking action.
- Build a support team of smart, reliable people who can advise and help you as you grow.
- Set goals that can be broken down into achievable steps, including setting one big, audacious goal that will up-level and amplify the way you live, who you know, what you do with your day, and how you define and pursue your life purpose.

What's the Extraordinary Thing in Life That You're Supposed to Do?

It's a well-known fact that, of all the things successful people do to accelerate their path to success, working with a professional coach is at the top of the list. In fact, private coaching is so impactful that major companies are now assigning personal coaches to high-profile executives and up-and-coming “stars” they've identified for future leadership positions. But coaching is not just for businesspeople today. Professional athletes, college students, retiring Baby Boomers, stay-at-home moms starting a side hustle—plus millions more people from all walks of life—are working with coaches to create the life they want.

Now you have the opportunity to join these top achievers by working with your own private Oola Coach.

Your Coach will help you clarify your vision and goals, talk you through your fears, confront your unconscious behaviors and old patterns, expect you to do your best, help you live by your values, show you how to earn more while working less, and keep you focused on what will bring about the change you want.

Your Oola Coach will help you:

- Determine specific action steps to help you achieve your goals
- Help you sort through opportunities that arise from your forward momentum

- Keep you focused on your top priorities while fitting in daily tasks
- Achieve balance in your life while still accomplishing your lifestyle or career goals

Over 10 intensive weeks, you could begin to work on achieving outcomes like these:

- Eliminate the crushing weight of debt
- Resolve toxic family situations
- Add fun to your life with “bucket list” adventures
- Get healthy, loose excess weight & focus on self-care
- Create the income to stay at home with your kids
- Change careers and begin living your right livelihood
- Up-level your circle of friends and enjoy quality time
- Retire early and pursue an “encore” vocation you love
- Start a charity or help causes you believe in
- Grow spiritually and discover your faith walk again

All it takes to create amazing outcomes like these are two things: (1) the desire for change, and (2) the support of a professional coach dedicated to helping you make it happen. Your Oola Coach will be there—week after week—to keep you moving forward toward your goals, yet surprisingly, the cost of working with them throughout the Oola Coaching Program is less than you might imagine.

For less than a weekend getaway or a shopping spree at the local mall, you could be working privately with your own personal Coach during the 10-week Oola Coaching Program.

To get started on your journey to the OolaLife, **set up a time to talk to your Coach** about creating your own OolaLife.

Dream Big Again, Knowing You Can Achieve Your Loudest Goals

Through the Oola Coaching Program, you’ll discover that successful people have a bias for action. Instead of getting stuck in analysis and research, they move forward. They take action. And, in the process of being *in* action, almost like magic, new opportunities appear to help them move forward even faster—opportunities they never would have known about if they’d stayed on the sidelines.

Getting to your OolaLife is no different. In fact, one of the most important skills you’ll learn in the Oola Coaching Program is taking small steps every day that are the milestones toward achieving big goals.

Whether you want to improve your career, get out of debt, build a business, move across country, start a charity, or simply achieve a more tranquil and balanced lifestyle, the Oola Coaching Program will help you make plans—then take action—over the next 10 weeks. Whether your goals are to “double my income” or “build schools in Africa” or “meet my soulmate” – **you’ll define what’s included in your perfect life** and create a complete picture so that you and your Oola Coach can go to work creating it.

But you have to take action FIRST and register for the Oola Coaching Program.

What's the extraordinary thing you're supposed to do in life? Get started with Oola Coaching and see what happens.

- Transform your health, fitness, mental well-being and energy levels so you have the stamina and clarity to achieve your biggest goals.
- **Free your time to enjoy the lifestyle you deserve with strategies designed to maximize your time off.**
- Recruit your own team of personal advisors you can call on for seasoned advice—mentors who can connect to the ideal people, then prepare you for the future that is to come.
- **Be prepared when opportunities arise that will accelerate your achievements.**
- Establish financial controls for your new life and begin allocating cash-flow for debt-elimination, financial independence, retirement and other projects you want to pursue.
- **Dream big again—knowing you can achieve your loftiest goals.**

It all starts when you register for the Oola Coaching Program.

Contact your Coach now and [schedule your complimentary strategy call!](#)

ABOUT THIS LIFE PLANNER

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