

ACT

ACCCEPT your reactions.

- Breathe.
- Observe: be mindful & present.
- Thoughts come and go. They are just thoughts. It's what the mind does.
- Feelings are a normal response. They will pass.
- Control what you can and relinquish the rest.



CHOOOSE your valued direction.

- Consider your Values.
- Which one fits for this situation?

TAKE Action.

- What's the best thing to do, right now, in the service of my chosen Value?



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