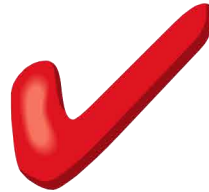


ACT

ACCCEPT your reactions.

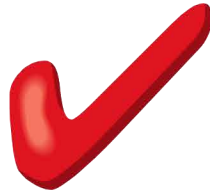
- Breathe.
- Observe: be mindful & present.
- Thoughts come and go. They are just thoughts. It's what the mind does.
- Feelings are a normal response. They will pass.
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CHOOOSE your valued direction.

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- Which one fits for this situation?

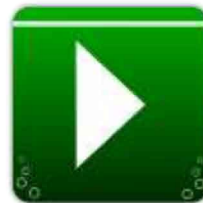


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TAKE Action.

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



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