

CHOOSE. DON'T JUST REACT.

3 actions you can take

Be Present

Choose to be grounded in the moment. Listen, ask questions, explore. Don't merely react.

When we aren't present, we tend to simply respond without thinking.

Be Mindful

Put things in context. Consider what is truly important.

Ask yourself if an issue matters in the long-run or if it is merely distracting or frustrating at the moment.

Be Selective

Recognize that you always have choices.

You can choose to have a great attitude. You can choose a different behavior. You can be and should be selective.