

PAUSE – NOTICE – CHOOSE

PAUSE

When you sense a shift, create a small space.
Before you react, take a step back and breathe.

NOTICE

What do I notice around me?
What do I notice in my body?
What thoughts am I having?
What am I feeling? Are my emotions telling me something?

CHOOSE

What would my "best self" do in this moment?
Choose how to respond by acting as your best self.