



@THESTILETTOFILES

# S

## SILENCE

YOUR EMOTIONS MAY BE GETTING THE BEST OF YOU. STOP WHAT YOU ARE DOING AND TAKE A FEW DEEP BREATHS.

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## TAKE A STEP BACK

ARE YOU LOOKING AT THIS THROUGH A NEGATIVE LENS? LOOK AT THE SITUATION FROM ALL ANGLES.  
**DON'T BE IMPULSIVE.**

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## OBSERVE

LISTEN TO YOUR BODY AND TUNE INTO YOUR INTUITION. WHAT DO YOU NEED RIGHT NOW? WHAT THOUGHTS/EMOTIONS NEED TO BE ADDRESSED?

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## PROCEED WITH GRACE

HOW CAN YOU BEST RESPOND TO THIS SITUATION? REEVALUATE YOUR GOALS AND CREATE AN ACTION PLAN.