



WHOA

CALM DOWN

Sis

Take a moment and ask yourself the following:

Am I jumping to conclusions?

Do you have all the facts sis?

Am I reacting based off of a fact or an assumption?

Remember just because it feels true does not make it true.

Is my way of thinking about this most effective?

List the advantages and disadvantages of thinking this way.

Am I enhancing my weakness right now while diluting my strengths?

List your strengths and ways that you can use them in this moment.