

B R A V E

Sometimes it's nice to have a little reminder to keep us on track... which allows us to bravely step into a new normal.

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."

Bear Grylls

BREATHE – a reaction to something only lasts 4-7 seconds after that it becomes a story. So breathe for at least 10 seconds! DEEP BREATHS!

REGROUP – gather your thoughts, recover from the reaction.

ASSESS – consider all perspectives.

VALUE – where are you getting your value or worth from?

ENGAGE – decide and act upon that decision