



## Be Pro-active instead of Re-active

This tool will help create harmony, peace, respect, inspiration and acceptance.

THINK before you react.

There are certain people and situations that trigger you or "push your buttons." Regardless, we are responsible for our own actions and managing our own re-actions.

We cannot blame others for pressing that button. This is ours to manage. And once something comes out of your mouth, it cannot be taken back.

So, when you find yourself in these moments; Take a breath and THINK before you speak. Ask yourself:

Is what I'm about to say TRUTH?

(Your opinion may not be necessary.)

Is it HELPFUL?

Is it INSPIRING?

Is it NECESSARY?

Is it KIND?

You will find that when you THINK rather than react, you no longer hand over your power.

If you do react: Take responsibility for your actions and clean up your side of the street regardless of what others do. That is how to maintain peace and well-being.