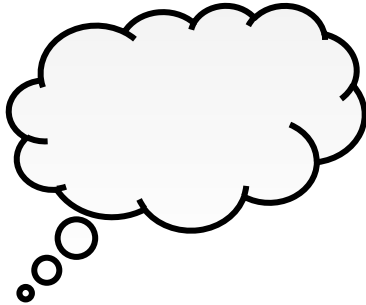


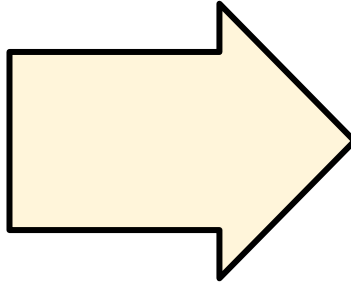
Think → Act → Impact

What happened?

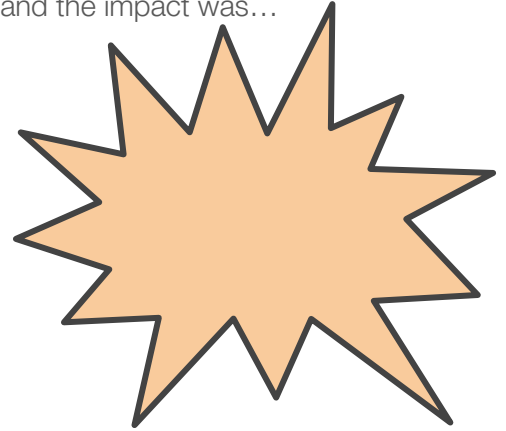
A thought I had was...



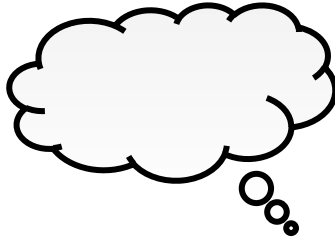
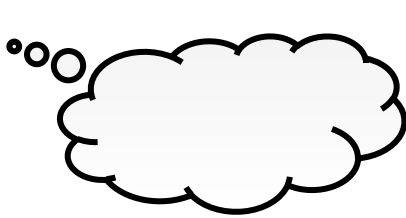
believing this led me to...



and the impact was...

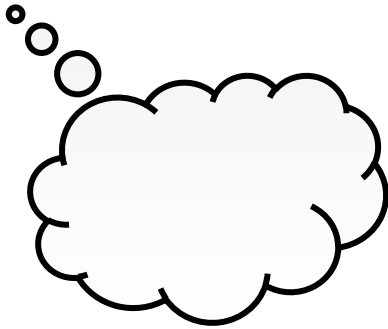


Try out thinking differently. What are some other thoughts (perhaps even the opposite) that are also as true, or even truer in your situation?

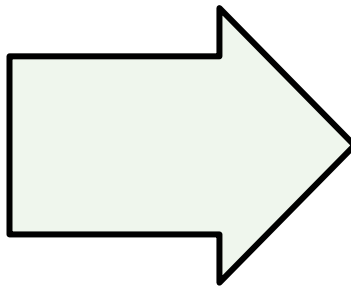


Think differently → Act Differently → Impact Differently

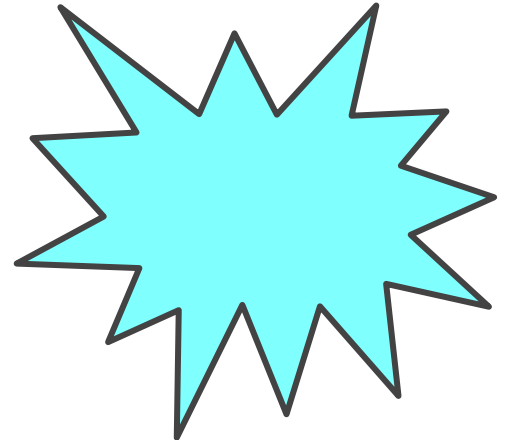
With the thought...



what I would do differently is...



and a likely impact would be...



Try something new!

How do you want to respond next?

