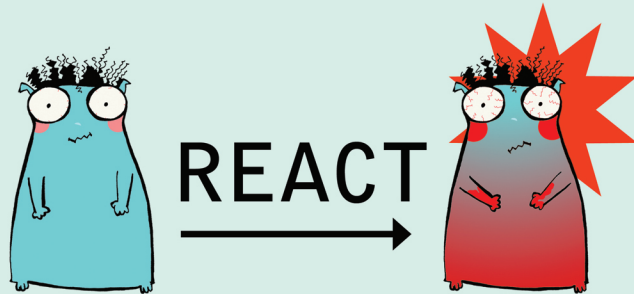
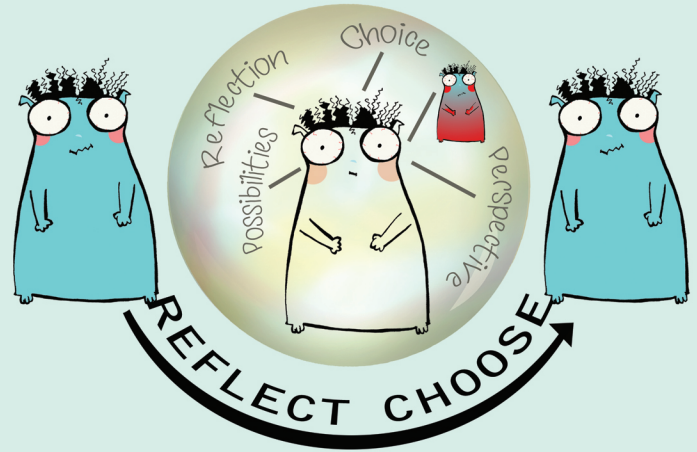


CREATING A SPACE FOR reflection, CHOICE & possibilities.

When something happens we react right away without thinking or weighing our choices.



When something happens we have a space to reflect, think of our choices, and make decisions that reflect our values.



HOW WOULD THIS SITUATION LOOK/FEEL IF I ADDED...

breathing _____

love _____

patience _____

time _____

mindfulness _____

gratitude _____

kindness _____

asking for help _____

forgiveness _____

perspective _____

