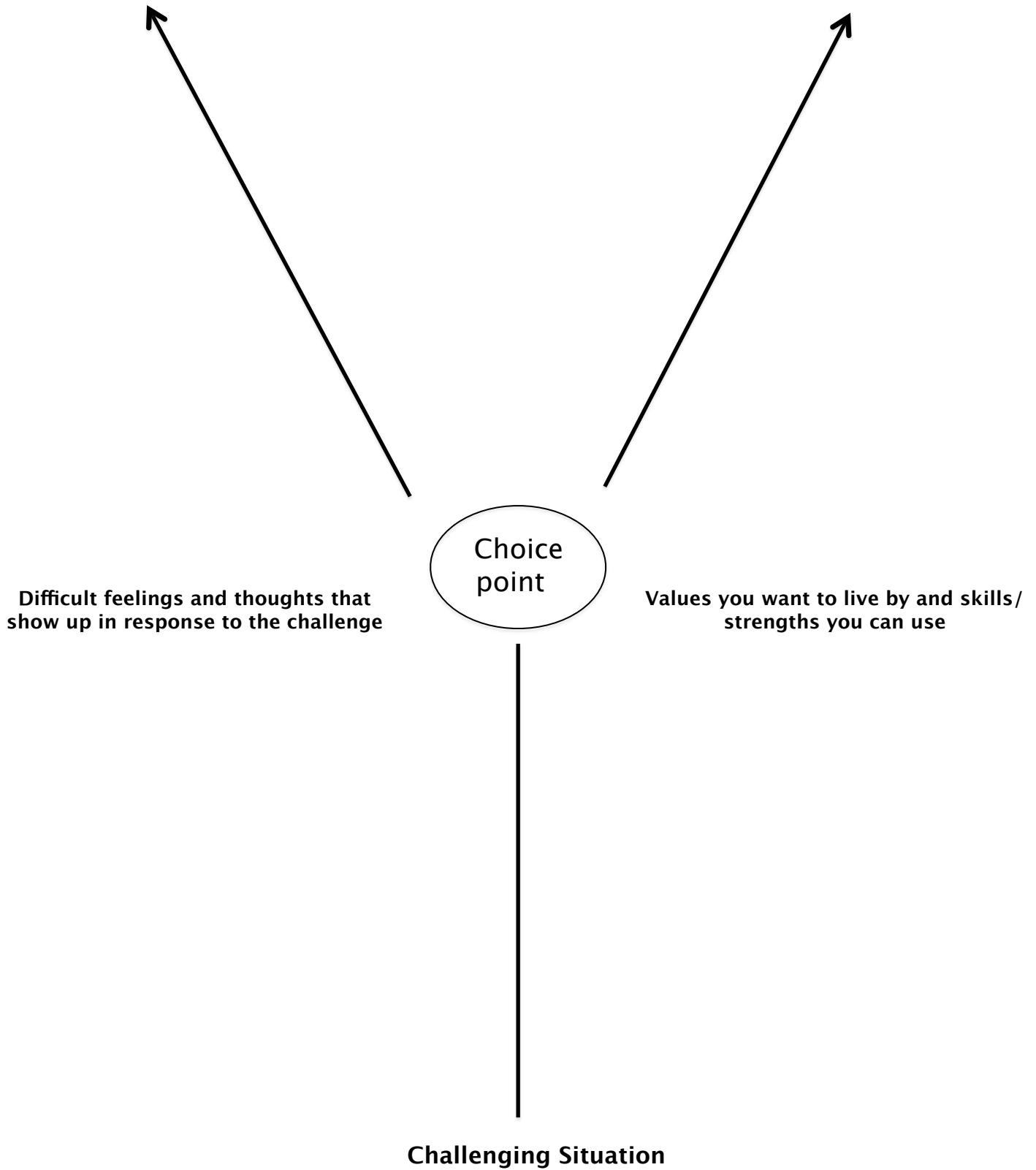


'AWAY'

Moving away from the outcome you want, acting ineffectively, behaving unlike the person you want to be

'TOWARDS'

Moving towards the outcome you want, acting effectively, behaving like the person you want to be



At the choice point, Be Bold:

B- Breath—Breathe slowly, slow down

O-Observe—Observe what you are Doing. Feeling. Thinking. Allow inner experience to flow through you.

L-Listen to values--Right now, what kind of person do you want to be?

D -Decide on actions and do them. Choose actions that will reflect your values