

# FROM THIS MOMENT ON...

**Anger, depression, or stress are not what happen to us, they're our RESPONSE to what happens to us...and that response is something we can CHOOSE.**

One of the unique abilities that human beings possess is our ability to make conscious choices. Some of the most important choices we make everyday are how we choose to *respond* to our circumstances. Call it your "*Respond-Ability*". Mastering our ability to positively respond to seemingly challenging circumstances becomes easier when we create a healthy response plan. From this moment on, you can take control of your circumstances by first, not letting your circumstances take control of you.

## Respond-Ability Reminders...

**1st Response to Crisis in the moment.**  
"Remember...this too shall P.A.S.S."

**Pause** - More time equals more options

**Air** - Breathe, stay calm and stay focused

**Seek**

**Safety** - Safe people, safe places, safe things.  
(trusted family / friend / service provider, park, bedroom, gym, community center, prayer, meditation, exercise, art, music, rest, etc.)

**What am I thankful for?**

"It is difficult for negative feelings and gratitude to coexist."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Who is my village?** (There is no such thing as a "self-made" man or woman.)

"Connect with people that *inspire* you to **BE** your best, *equip* you to **DO** your best, and *challenges* you to **MAKE** the best choices."

1. Who makes me smile? \_\_\_\_\_
2. Who gives me good advice? \_\_\_\_\_
3. Who is a great listener? \_\_\_\_\_
4. Who gives me honest feedback? \_\_\_\_\_
5. Who inspires me? \_\_\_\_\_