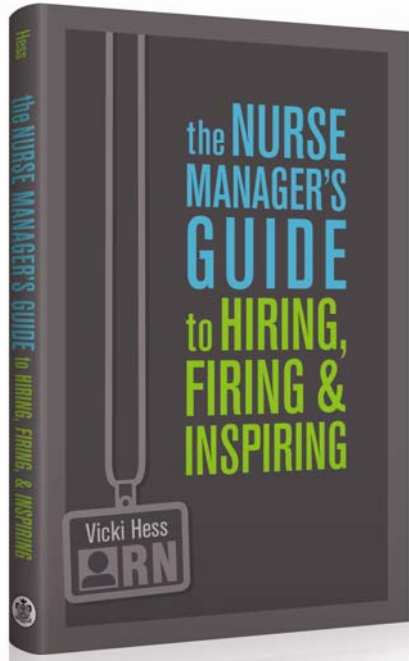


# TIMESAVER TOOL

CHAPTER 8

## SHIFT REMINDER CARDS



## Escape from Professional Prison... *SHIFT* to Professional Paradise



When hit with a **POW** - an internal or external experience that creates a negative outcome -  
***SHIFT* to WOW!**

- S:** Stop and breathe
- H:** Harness harmful knee jerk reactions
- I:** Identify and manage negative emotions
- F:** Find new options
- T:** Take one positive action



**WOW** - an internal or external experience that creates a positive outcome.

For **FREE** tools to get to and stay in Profesional Paradise, visit [www.ProfessionalParadise.com](http://www.ProfessionalParadise.com)

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