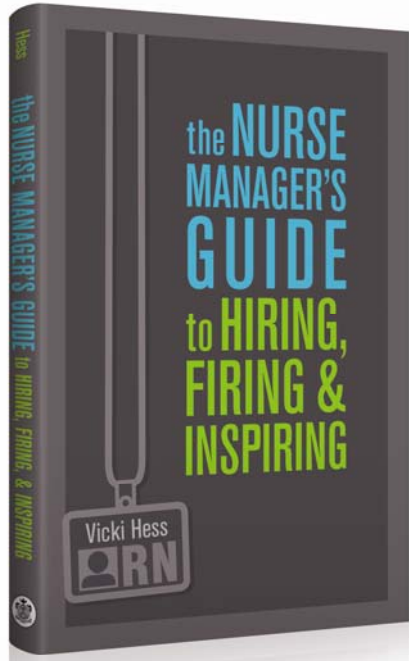
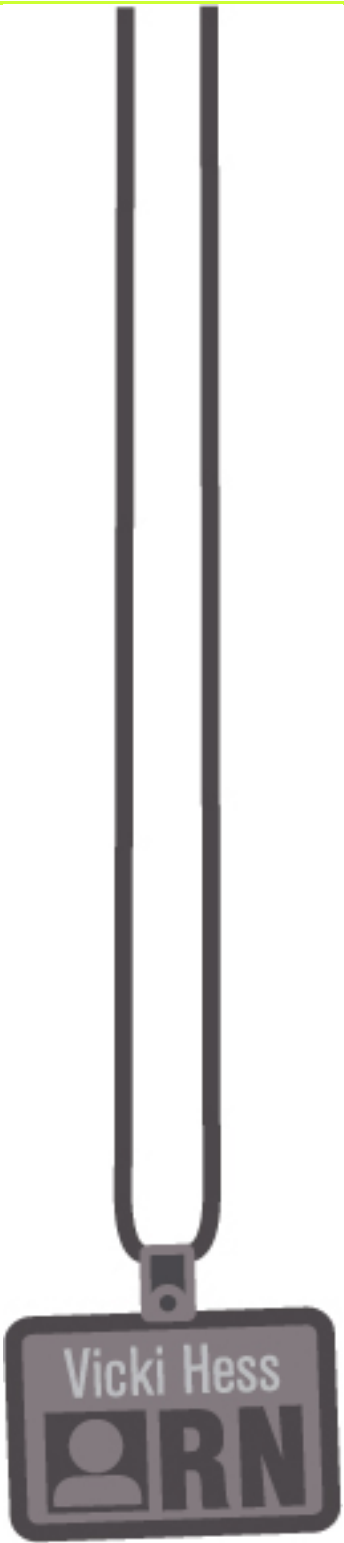


TIMESAVER TOOL

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

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