






I've Got the Power
to **SHIFT** my **POWs** to **WOWs**



When hit with a POW – something internal or external that feels like a heavy blow –

-  **S**top & breathe
-  **H**arness harmful knee-jerk reactions
-  **I**dentify & manage negative emotions
-  **F**ind new options
-  **T**ake one positive action

WOW – something internal or external
that makes you feel
satisfied, energized & productive.



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