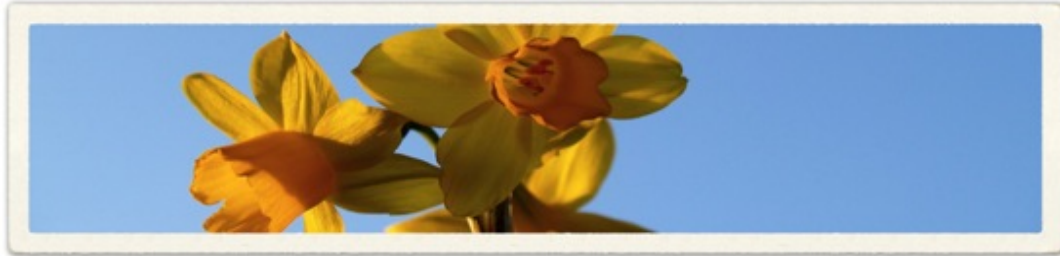


Personal Reflection Exercises...

It is my choice to press the calm button when minor emergencies arise.



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I am a calm and centered person, particularly when a crisis or emergency arises. I *choose* to remain calm. By doing this I resonate a calmness that brings peace onto others. Remaining calm in emergencies allows me to focus on what needs to be done and I am better able to handle the situation.

I release the urge to fall apart and the urge to be rescued when an emergency happens. Although I can let myself rely on the strength of others from time to time, I am a strong person that has the power to calm myself. I breathe in a calm and centered state of mind and I exhale all fear and anxiety. ***I am a pillar of strength in times of crisis and emergency.*** I have a serene, quieted state of mind and I claim this strength.

A minor emergency requires a composed state of mind that can handle the situation and do what needs to be done to work through the emergency. I stay focused on the situation and I stay focused on remaining cool and collected. I am stronger when I am calm.

Today I choose to practice pushing the calm

button. As minor challenges occur in my day, I will breathe in calmness and exhale anxiety.

Self-Reflection Questions:

1. Have I let go of the urge to be rescued in a crisis?
2. Have I practiced pushing the calm button?
3. Have I remained focused on solutions?