

A Few Year-End Reminders:

The top 2 human needs are: *Safety & Validation*
(Help people feel safe & valued)

Order Up: *Direct your mind upon your desired focus*

The 10 Second Rule: *Your greeting sets the tone*

Kee a gratitude journal for 1 week & research shows it will improve your mood for 6 months!

Feel your feelings, but act from your values

Steer clear of self-talk that limits or demeans you

Exercise & Meditation: *the most powerful tools to optimize your brain*

Use humor whenever you can

Q-TIP: *Quit Taking It Personally*

Hydrate often

BREATHE:
*Belly out,
Shoulders down,
Long & Slow
Exhalations*