

CALMNESS CARDS

For Your Focus Reminder, After Cutting out the Cards - Pick One!

Ignore what you
can't change.

Focus on what's
important.

Don't take it
personally - it just
might not even be
about you anyway.

Don't listen to
stupid people.

Step left - let the
issues go right by
you.

Don't play the guilt
game or the blame
game - it serves no
purpose.

Be the calm (for
yourself and
others).

Remember you
have a choice of
calm or chaos.