

**GETTING ANGRY?
DON'T WANT TO DO IT?
SOMEONE BUGGING YOU?**

- 1. STOP**
- 2. BREATHE**
- 3. THINK ABOUT CHOICES**
- 4. THINK ABOUT WHAT WILL
HAPPEN**
- 5. CHOOSE WHAT WILL HELP YOU
ACHIEVE YOUR GOALS!**
- 6. DO IT!**

**REMEMBER:
CLEAR EYES, FULL HEARTS, CAN'T LOSE!**

Source: Dr. Megan McCormick (Jordan School District)