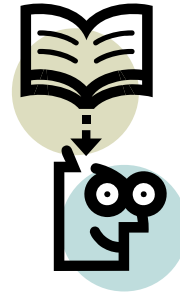


Break the Pattern!

with Juli Burney



What's on your mind? _____



Recognize that each of us views the world with a different PERCEPTION. It is influenced by an individual's education, past experience, future expectations, all knowledge that we have gathered to this point in time, our emotional and physical status and the following cues:

1. Familiarity
2. Lack of Experience
3. Complacency
4. Singular Thought
5. Problem Paralysis (Sensory Overload)

Recognizing different perceptions can help us to create a compatible and respectful environment, open to effective communication, and positive interaction. It can change patterns.

Emotional Intelligence “means managing feelings so that they are expressed appropriately and effectively, enabling people to work together smoothly toward their common goals.” - Daniel Goleman



Turn Stumbling Blocks Into Stepping Stones



1. Change your attitude.
2. Talk it out.
3. Escape for awhile.
4. Work off emotions.
5. Give in occasionally.
6. Do something for others.
7. Do something for yourself.
8. Take one thing at a time.
9. Don't sweat the small stuff.
10. Put your sense of humor to work.
11. Exercise (laugh).
12. Accept yourself.
13. Accept others.
14. Give thanks daily.
15. Breathe.



**Not everything that is faced can be changed, but
nothing can be changed until it is faced.
- Franklin D. Roosevelt**