

BACK TO ZERO REFLECTION



What types of situations cause your emotions to reach a level 10?

What does a level 10 look like for you? What are you saying, feeling, doing, and thinking?

| | |
|---------------|-----------------|
| Saying | Feeling |
| Doing | Thinking |

Make a list of three strategies you can use when you feel stressed, angry, or any other type of BIG emotion, and you need to get back to 0.

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