

# 4 steps to help manage emotions

*and get off the struggle bus*

1. Ask for help...stop saying "I'm fine" when you aren't
2. Ask yourself, what is it I want to change? Find people to help with accountability
3. Become a possibilitarian. See the world through the lens of "what if" and "why not"
4. Pick one thing. Climb out of the quicksand of indecision and choose ONE thing to focus on changing