Present Focus: Be Here Now (The R’s)

Responsibility

- Respond (Trust it)
- Recognize (Signal Lights)
- Ready (Breathe)
- Refocus (Plan)
- Release (Let it go)
- Regroup (Get Big)
Traffic Control

Red Lights
When do you get them?
What do you feel?
What do you say to yourself?

Green Lights
When do you get them?
What do you feel?

Yellow Lights
When do you get them?
What do you feel?
What do you say to yourself?