



“C”ing Clearly

All of us know we can't think clearly when we're upset. There's a physiological reason why. Adrenaline, other stress hormones, and inflammatory proteins decrease the blood supply to the frontal lobes of your brain. The fight or flight response is ONLY about survival and that's it.



REACTIVE

CREATIVE

If you can “C” first, your life will change.

Don't take action while you're in a reaction.

