



WITH UNDERSTANDING
COMES CALM, LLC

WHAT MAKES YOU...

| | TICK | TICKED OFF |
|------------|------|------------|
| LIFE | | |
| WORK | | |
| FRIENDSHIP | | |



WITH UNDERSTANDING
COMES CALM, LLC

WHAT MAKES YOU...

| | TICK | TICKED OFF |
|--------|------|------------|
| SPOUSE | | |
| CHILD | | |
| YOU | | |



WITH UNDERSTANDING
COMES CALM, LLC

HOW DO YOU MAKE YOUR...

| | TICK | TICKED OFF |
|----------------|------------|------------|
| WORLD (Impact) | (Positive) | (Negative) |
| COLLEAGUES | | |
| FRIENDSHIPS | | |



WITH UNDERSTANDING
COMES CALM, LLC

HOW DO YOU MAKE YOUR...

| | TICK | TICKED OFF |
|--------|------|------------|
| SPOUSE | | |
| CHILD | | |
| SELF | | |



WITH UNDERSTANDING
COMES CALM, LLC

Notes: