

Flexible Thinking

- ❖ **Think** about what you wanted.



- ❖ **Understand WHY** that can't happen for now.



- ❖ **Know** the other choices.



- ❖ **Think** about why making a different choice is **better** than **staying stuck**.



- ❖ **Tell yourself** that you can do what you wanted some other time.



- ❖ **Be Proud** that you are **flexible** and that you are *part of the group*.

