

HOLIDAY GATHERING POCKET CARD

Stay Steady

Fill this out at home before you leave

SUBJECTS I WON'T DISCUSS TODAY

MY REDIRECT LINES

Like "Let's save that for another day."

MY RESET SPOT

Roll on some Balance Blend, put this card in your pocket, and grab your Nebraska Borealis on the way out.

WHEN SOMETHING LANDS HARD

Respond, Redirect, Pass

- 1 Touch the stone in your pocket.
- 2 Pause for three beats before you say anything.
- 3 Choose your move.

Respond. The news needs an answer, and you're steady enough to give one. *"That's a big decision. Can we talk about it after dinner?"*

Redirect. It's one of your off-limits subjects, or it isn't the time. Use one of your redirect lines.

Let it pass. It doesn't need anything from you. Take a bite, pass the rolls, and let the moment move on.

None of these fit? Go to your reset spot. Take out the Balance Blend roll-on, close your eyes and focus your attention on the scent and your breath. Then go back in and enjoy the people you came to see.

Balance Blend is not recommended for children or during pregnancy or nursing.