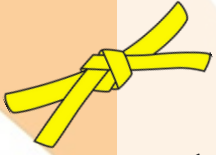




# BELT TEST: SELF CARE 911



## YOU HAVE BEEN CHALLENGED, GRASSHOPPER!!



Are you worrying yourself to sleep at night? Are you familiar with emotional train wrecks that barrel into your day and demolish your productivity? This Belt Test is for you, Schmoo. It's the Dojo's newest opportunity to earn your rank!

## NEXT TIME AN EMOTIONAL TRAIN WRECK HITS YOUR DAY:



1. **Breathe deeply, Grasshopper!** This will stop the chemical dump into your bloodstream.
2. **Feel your feels.** Observe each negative outcome your brain is bringing up, acknowledge it as one of the billion outcomes that could happen. Repeat until all the scenarios are over.  
\*\*\*Super Important Ninja Note: Keep deep breathing through all of this.
3. **The future will be what it is. What good can you recognize in this moment?** Focus on things that can never be taken away from you. Past experiences, accomplishments, good qualities that you have.
4. **What good can you do right now?** Small things work fine.
5. **Report back to the Dojo and tell us how it's going!!**

**NINJA NOTE: BELT TEST WILL RUN FROM FEBRUARY 1 -  
FEBRUARY 8. THERE WILL BE A CELEBRATION AT THE END!!**



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

