

3 very practical investments

1

Participate in or donate a healthy relationship course

- WWW.FATHERINGSTRONG.COM
- WWW.PRCCLARKCOUNTY.ORG - GIVE button
- WWW.DISCIPLINGANOTHER.COM - Online course
- WWW.ENCOMPASSCC.ORG/WSLW

2

Learn the anatomy of anger and how to navigate it productively

- Brain science of anger
- Amygdala hijack
- 2 calming methods
- Mini course - <https://rebrand.ly/AngerPw>

3

Take the 30-day kindness challenge

- Nothing negative TO or anyone else ABOUT them
- Praise one thing ABOUT them and TO someone else
- Small act of kindness or generosity
- Nix the negatives!



The Vector Principle

Even small changes lead to different destinations

NOTES
