

A background illustration of several iris flowers in various colors: pink, blue, yellow, and red. The flowers are shown with their characteristic three-petaled structure and long, slender green leaves. The illustration is rendered in a soft, painterly style against a light peach background.

**INTELLIGENCE
IS THE ABILITY
TO ADAPT
TO CHANGE.**



ALBERT EINSTEIN

S.T.O.P. is an acronym that has benefitted me in recent times. When the emotions are high, the best response is to STOP. Stopping prevents you from making poor decisions or taking unwise or unhealthy action.

Stopping gives you time for the emotional tsunami to subside and time to CHANGE direction. However, it only works if you stop and repeat the acronym until CLARITY about your P.I.C. returns.



Your P.I.C. needs to be defined. Your PIC is your purpose, identity, and calling. If you DO NOT know your identity [who you are], it makes it extremely difficult to understand your purpose and by default your calling.

Without purpose, it is easy to get distracted, or take many wrong turns and get lost.

Lack of purpose has been linked to psychological issues and an overall sense of dissatisfaction.



S

STOP MOVING.

This prevents you from taking a step in a direction that moves you away from achieving your purpose.

When you stop, it interrupts the forward momentum propelling you to make unhealthy choices.

You also give your brain time to refocus on your purpose, your goal, your objective.



T

THINK.

Think about the choice you're about to make and the action you want to take.

Are they in alignment with achieving your purpose, your goal, your objective?

Remember, fulfilling your life's purpose is an ongoing journey that will occasionally involve sacrifices and discomfort. Keep your eyes focused on your objective.



O

OPEN.

Open your heart and mind to love's guidance. When you remember that you are living in and from a state of love, you are empowered to make choices that reflect love.

Love is abundance, patient, kind, and gentle. Love is C.A.R.E. [compassion, acceptance, respect, and empathy]. Love reminds and encourages you to practice healthy self-care.



P

PRAY.

Pray for the courage and strength to make a decision with clarity that reflects love of self and others.

The end result is that you will not compromise your **TOTAL HEALTH**; you regain control of your emotions; and you also increase your confidence as you take a positive step towards your goal or objective [**PROGRESS**].



We all know what we need to do to get totally healthy; however, sometimes it takes a little reminder to help us regain our clarity and focus.

My acronyms are designed to provide reminders and encouragement.

Please use them with love and if you find them useful, please share.

Thank you.

SHDR

