

#ChooseToChallenge

How to do it well



Notice how you're feeling.
Accept those emotions.

Choose your moment.
Here and now?
Time and place?

Prepare.
What's your objective?
What needs to change?

Be kind to yourself.
Do you need support?

Practice.
Out loud. With a friend if you
can. Breathe.

Don't make it personal.

Remember.
You deserve to be heard,
seen and listened to.

