

# 4 STEPS TO JOY



## SHIFT ANGER, FRUSTRATION AND STRESS TO JOY - NOW!

You know those moments. Your staff messed up AGAIN. Your boss irritated you. Your partner angered you. And afterwards, you said to yourself, "OH NO! I did it again! I hate when I do that!" Notice the next time that happens. THIS is time for the S.N.O.W. process!

**S STOP!**  
THAT'S RIGHT. DON'T SAY OR DO ANYTHING. JUST STOP.

**N NOTICE!**  
NOTICE THE ENERGY IN YOUR BODY. WHAT IS IT LIKE? IS IT CONTRACTED? DO YOU FEEL SMALL, EXPLOSIVE, SPACEY? WHATEVER IT IS, EXAGGERATE IT! REALLY EXPERIENCE IT. FEEL IT. TASTE IT.

**O OPPOSITE**  
WHATEVER THE ENERGY IN YOUR BODY IS, DO THE OPPOSITE! IF YOU'RE FEELING CONTRACTED AND SMALL, BREATHE & EXPAND!

**W WOW!**  
WATCH WHAT HAPPENS NEXT! I'M SURE IT'LL BE SOMETHING DIFFERENT!