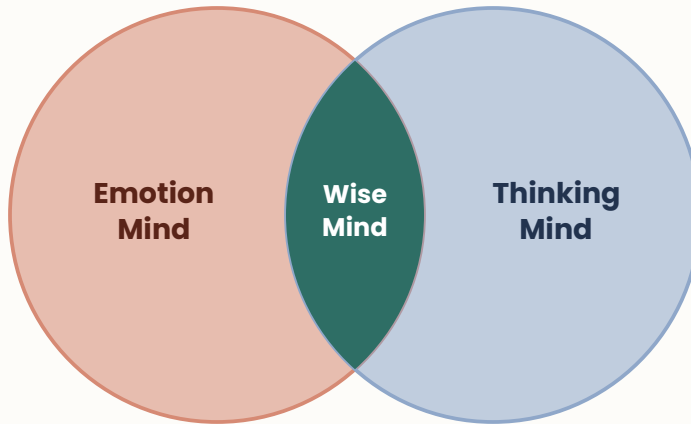




Finding the calm, knowing place between feelings and facts.



Feelings are in charge.

Hot, fast, urgent.
Acting on the impulse.

Both, together.

A settled, calm sense
of "this is right."

Facts are in charge.

Cool, logical, task-mode.
Feelings get ignored.

Ways to find Wise Mind

1 Slow one breath.

Then ask: "What would
my wise mind say?"

2 Wait a little.

If the urge is strong,
pause 10 minutes first.

3 Check your body.

Wise mind usually feels
settled — not urgent.

No clear "gut feeling"? That's okay.

Some brains don't get a body signal — try writing the emotion side and the facts side
on paper, then look for the choice that honors both. That IS wise mind.