

P.A.R.C. IT!

(A Self-Awareness & Self-Management Tool)



PAUSE

- *Recognize your physiological reaction (racing heart, shallow breath, tension).*
- *Take 3–4 deep breaths to calm your nervous system.*

ASSESS

- *What just happened? What triggered you?*
- *How are you feeling? What's going on around you?*

REFLECT

- *What are your options for responding?*
- *Will your usual reaction help or hurt the situation?*

CHOOSE

- *Pick the response that moves you forward.*
- *You are the architect of your life—make a conscious choice.*

*Scan me to
watch my video
about this!*



P.A.R.C. IT BEFORE YOU REACT!