



When plans go astray, just breathe.  
When nothing stays on schedule, just breathe.  
When people get mad at you, just breathe.  
When life gets to you, just breathe.  
When someone refuses to listen, just breathe.  
When others don't keep their commitments, just breathe.

When someone changes his or her mind, and it costs you time, money or opportunity, just breathe.

When breakdowns happen, as they inevitably will, just breathe.

**Now that you're calm ...**

Love your life.

Invent your new plan.

Update your schedule.

Take a risk. It's part of life's job description.

Work with people who are committed, passionate, and dedicated even if it's just one.

Don't accept commitments from people who don't keep them.

Do something new. Say no to what you don't want that you've already said yes to, and you'll create the space for something new.

Take a moment to delight in the glow when you achieve something new, and then do what comes next which is usually the laundry.

**Now that you're laughing ...**

Just breathe.

**My love goes with you as you work with this Uplifting Moment.**