



“Everything’s Gonna Be Alright.” (E.G.B.A.)

Managing life’s challenges... professionally and personally

What’s YOUR Story?

Personal	Professional
1.	1.
2.	2.
3.	3.

Coping... **The GOOD, the BAD, & the UGLY**

Coping Strategy	LONG TERM	SHORT TERM	START	STOP	CONTINUE



The RRR Approach



R _____ :
Choose positive
(+) self-statement:

R _____ :
Change course

R _____ :
Empower yourself

Applying The RRR Approach

Choose one personal & one professional item from WHAT'S YOUR STORY? (Pg. 1) and apply The **RRR** Approach.

PERSONAL:

Replace:

Recalculate:

React:

PROFESSIONAL:

Replace:

Recalculate:

React:

REMEMBER...

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