ACCEPTANCE TOOL KIT



THESIXHABITS.COM

Ask what someone is going through and seek to get into their world

Remove yourself from the equation and understand the person would be acting this way to anyone in your position (no matter what you said, or what you did—even for just breathing)

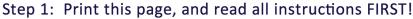
Look at yourself through their eyes, and ask if you're proud of who you're being in response

Lovingly detach from the person out of love for yourself and them Deeply listen with compassion if they choose to share

Respond with love and kindness, and know in your heart it's not about you Imagine they've been through something, and remind yourself that you don't need to know what it is to offer compassion and love

Reflect on how you might think, feel, or act in that situation if the tables were turned

INSTRUCTIONS:



Step 2: Cut along the red dotted lines only.

Step 3: Fold in half along the green dotted line

Step 4: Fold in half again along the blue dotted line.

Step 5: Optional: trim rounded corners and tape edges

Step 6: Place in your wallet

Step 7: Refer to this when you struggle to accept someone else's choices or behavior.

Step 8: Take a breath, review the options, and choose the one that fits that situation.



when done correctly, your Tool
Kit should look like this

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