

Intentional Thoughts – October 19, 2020

If you think your email or post might be potentially controversial or hurtful:

1. Type it out.
2. Breathe.
3. Read it out loud.
4. Get a glass of water and drink it.
5. Send the email or post to yourself.
6. Read it.
7. Think about how you feel receiving it.
8. Ask yourself, “What do I really want to achieve and does this help or hinder me?”
9. Delete, edit, or send.

