



REFLECTIONS FOR THE RESCUE

CHAPTER 7: DOUBLE BLUE LINES ACTION PLAN

REFLECT:

As you were reading, what collision came to mind?

What consequences are you facing from your past decisions? How have you been impacted by the decisions of others?

RESPOND:

Write your name in the blank below:
I am _____, and I'm a uniquely and divinely created soul. Now write the statement somewhere you will see it often. Write it on your mirror with a dry-erase marker or lipstick. Jot it on a three-by-five card and keep it taped on the dashboard of your car.

No matter how bad things may be, nothing changes the fact that you are loved. Commit to rehearsing that idea