

## Words that Matter

"I am the author of this moment"

"I choose presence over autopilot."

"I can catch the gap and respond with intention."

## Words that Matter

"I will begin again, Right now.  
Even when it's loud. Even when I  
feel tired. Even when the blocks  
are flying."

"I am right here, right now. And  
right here is enough."

## Words that Matter

"What I focus on grows."

"I will focus on my intentions."

I will create new pathways for  
thinking and responding."

(If I don't choose what to focus on,  
my unconscious mind will choose  
for me.)

## Words that Matter

"This is happening, now what?"

I will say it with strength.

I will say it with softness.

I will say it until it becomes a  
habit.



## Words that Matter

*"Even if today was hard, my  
Response Ability is still available  
to me.*

*It is always available.*

*I will begin again.*

*I will shine my light."*

## Words that Matter

*"Let's do this  
differently.*

*This is not  
personal."*

## Words that Matter

When you **pause** on  
purpose, you remember  
that you have a choice  
in how you respond.

## Words that Matter

The real power is in that  
tiny little pause, in the  
choice to **think**. In the  
recognition that there is a  
better way.



## Words that Matter

You have the ability to respond. And in that response is your peace and empowerment.

## Words that Matter

You notice the moment. You **pause**...even if just for a breath. You accept what is happening instead of fighting it. And you **choose** your next move.

## Words that Matter

You lead not just with your lessons, but with your life. You teach by example...and that growth is not something you preach, it is something you practice.

## Words that Matter

Presence is both the root and the bloom. The alpha and the omega. The starting line and the finish line of Response Ability.



## *Words that Matter*

Presence brings you  
back to the  
moment...where your  
choice, your clarity and  
your power live.

## *Words that Matter*

When your attention aligns  
with your intention, your  
words don't have to be  
perfect...they'll land with  
calm, clarity and care.

## *Words that Matter*

Boundaries are not  
walls...they are clarity.  
They help people know  
where you begin and  
where you end.

## *Words that Matter*

When you practice  
acceptance, you make space  
for your thinking brain to lead.  
You give yourself and your  
students the gift of emotional  
steadiness in the storm.



## Words that Matter

Even when the day is  
messy...even when you  
forget...The light in you is  
still there. Let it shine.  
Steady. Soft. Unshakeable.

## Words that Matter

You are the mirror.  
You are the model.  
You are the guide.  
And it all starts with how  
you **choose** to show up.

## Words that Matter

You are strong.  
You are powerful.  
You are in the moment of  
what is.  
You get to **choose** what  
happens next.

## Words that Matter

Remember what you have  
practiced. Remember who you  
are becoming. Remember  
what kind of story you want to  
write next, because you are the  
author.