

ALL EMOTIONS ARE VALID.



FEAR

It protects us.



FRUSTRATION

It signals
something isn't
working.



ANGER

It tells us that
something
matters.



ANXIETY

It warns us to
be prepared.



CALM

Keeps you in
control.



YOUR EMOTIONS ARE NOT THE ENEMY.
THEY ARE SIGNALS — NOT INSTRUCTIONS.

We need to feel
them all

**Every emotion
deserves a voice.**

**Not every
emotion
deserves the
wheel.**



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CALM

Keeps you in control.



FEARLESS

Empowers you to take the right action.



CLARITY

Helps you see what matters most.



PEACEFUL

Creates space for wise decisions.





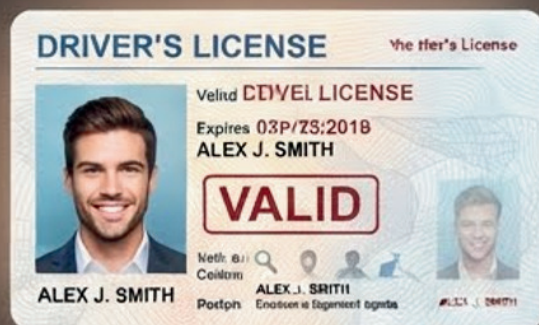
WHO'S DRIVING THE CAR?

Which ones get the **keys**
to your **mission**?

Do we drive our car
physically intoxicated?

Do we drive our mission
emotionally intoxicated?

THE EMOTION:
DRINKING



Valid feelings. Important signals.

THE ACTION:
DRIVING



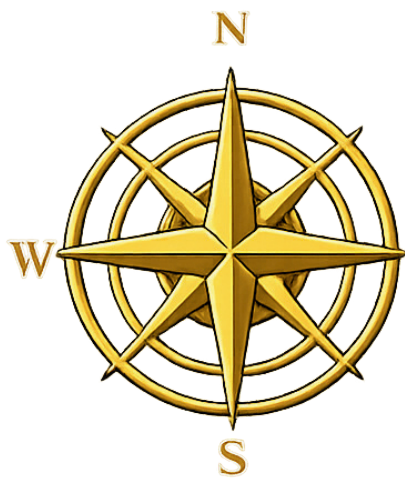
The driver is still responsible.
We must choose how we respond.

SAME PERSON. DIFFERENT CHOICE.





**CALM AND CLARITY IN THE FRONT SEAT.
YOUR MISSION STAYS ON TRACK.**



THE GLASS IS FULL
SYSTEM™

Mission • Calm • Consistency • Earn Your Name