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... 5 Ways to Keep a Trip from turning into a Fall ...

1. Breathe. Isn't it crazy how quickly the easiest, most fundamental task turns into a seemingly insurmountable obstacle when we are scared or challenged? Before you do anything, take a deep breath and clear your head. *Embrace the trip.*
2. Smile. I'm serious. A smile can change your outlook in a second. As soon as you give yourself permission to smile, you're allowing endorphins and happy feelings to rush in and create feelings of positivity.
3. Assess. Is the situation as challenging or as dramatic as it initially seems? Determine what is really causing you to panic or feel paralyzed. Chances are, you will see the mountain shrink into a molehill.
4. Plan. How do you recover? What is the appropriate response and how can you seize this opportunity to highlight your abilities? Who might be a good resource for support and collaboration? Making a plan allows you to take control of the situation and start on your way to recovery.
5. Execute. Trust your instincts. Realize that you can succeed. A plan is only a good plan when it is turned into action. Let your actions speak louder than your words.

See! You've stopped the sneaky sidewalk lift in the middle of its snickerings of success and showed it you're the boss. Carry on, graceful tumbler!

*By your side,*

*Blaise*