



## The Refresh Button Part Two

Describe a situation you currently react to the same way consistently?

---

---

---

If you put a mental “refresh” button to the situation could you come up with a new approach?

---

---

---

How does the quote “Insanity is doing the same thing, over and over again, but expecting different results.” apply to the value of using a mental refresh button? Give an example?

---

---

---

---