

Don't like the way you handled a situation? Try a Take 2!

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SUMMARY

The speaker discusses the concept of "take two," encouraging individuals to recognize moments when they react negatively and to consciously choose to respond differently. By shifting focus from self-criticism to solutions, one can improve interactions and model positive behavior for others.

- *"Take two" refers to the opportunity to redo a reaction or response after realizing it was negative.*
- *It's important to notice when we react poorly and instead of feeling guilty, focus on how to improve next time.*
- *Gratitude plays a role in our perception; when cranky, we tend to notice negatives more than positives.*
- *The speaker shares a personal anecdote about returning home to a clean house but initially focusing on a small flaw (folded towels).*
- *Acknowledging the efforts of others can shift our perspective and improve relationships.*
- *"Take two" moments are common and can happen at any time, similar to retakes in filmmaking.*
- *Practicing "take two" helps access better emotional responses and models positive behavior for those around us.*

all right so on to our last one and this one is what I call take two so take two because I'm sure you've all had those moments that you have um bitten the head off of someone or or griped at someone and in that moment you realize oh I wish I wouldn't have said that I wish I would have handled that differently so you have a chance now to say take two take a little deep breath and then do it again

you know I've caught myself you can ask my my youngest son who's 17 and my husband both there's been times I've had to rewind and and do it differently the important thing is that we that we notice that it happens and instead of beating ourselves up like oh my gosh I can't believe I did that again I'm going to do it differently or say next time I'm going to do this we're shifting from the problem to solution how can I do it

differently so here's kind of you know what that could look like and this kind of goes also with the whole you know the Gratitude thing we're feeling good we we see positive things when we're feeling cranky we only see the the negative things so I travel a lot to do trainings and my husbands and youngest son Scotty always make sure that they have the house clean before I get home they vacuum and you know clean the bathroom

clean the kitchen all that and get it all cleaned up um before I get there and there was one time that I was I had been gone maybe even almost three weeks in a row and I was tired and I'm lugging all my dirty clothes in and everything and I come in and everything's clean except for there are a pile of towels they're clean towels on the couch and so guess what I noticed in my cranky state in my

emotional state I noticed the towels I said really am I the only one that knows how to fold towels and my husband smiles and says did you notice any of the things that we did do and then in that moment I went oops Yeah take two all of those things that they did were helpful I had to do a take two and I train in this stuff so give yourself a break and be willing to do a

take two your take two can be the next day you know anytime they film movies that happens over you know many times you know even a Year's Time video and all that and they'll go back and redo a spot it's never too late to do a take two so be willing to do that that take two take a deep breath access the higher centers of your brain your Brilliance where you can respond and do it differently in those moments

when you're doing that you're you're modeling that for the other people that that you're interacting with so everybody's always learning from those take two moments and we all have them we all have take two moments