

“I am using [my anger] as my energy, my motivation. instead of letting it destroy me. I think **anger and love** are the two most **powerful emotions**. Both have motivated people to do great things, to make major changes, to become stronger, better.”

R, 2000

### Reflection

Give yourself two seconds to consider everything you know before acting. [You are always] just two seconds away from determining the outcome of your life. Two seconds can bring peace or situations we regret for the rest of our lives. Allow those two seconds to keep yourself true to your heart; the heart can give all of our lives a chance. -Jarvis, 2012



### Questions

When was a time anger gave you the energy you needed to do something good for yourself or others?

When you get angry today, take a deep breath, count to two, and send love to the world. At the end of the day, reflect on how this made you feel.