

## **Project**

Two projects come out of this chapter:

1. The practical project is the traffic lights one. Really practise spotting 'red lights'. In other words, practise spotting when you become angry. Allow it to sink to a low level (amber) as quickly as possible. Only at that point do you decide what would be a reasonable way forward. Then, when you've decided, move on to green; in other words, put into practice what you think

is the best way forward. And remember, you can't always have your own way!

2. As ever, review your successes, either mentally or on paper. It's good to analyse successes because it shows us the route to success.