

# My Red Light Plan Signals

| Red | Think: | Feel/Emotions: | Body: | Behavior: |
|-----|--------|----------------|-------|-----------|
|     |        |                |       |           |

| Yellow | Think: | Feel/Emotions: | Body: | Behavior: |
|--------|--------|----------------|-------|-----------|
|        |        |                |       |           |

| Green/Activities | Think: | Feel/Emotions: | Body: | Behavior: |
|------------------|--------|----------------|-------|-----------|
|                  |        |                |       |           |

