



# MORNING RESCUE CARD

Print, Cut, Laminate — Keep on Fridge or in Pocket

---

 CUT HERE 

---

## SIDE A: STOP SAYING THESE

<b>✗ STOP</b>	<b>Why It Backfires</b>
<b>“Hurry up!”</b>	Creates panic, causes freeze
<b>“You’re going to be late!”</b>	They can’t feel future time
<b>“Why can’t you just...?”</b>	Implies character flaw
<b>“I’ve told you a hundred times!”</b>	Reinforces helplessness
<b>“What’s wrong with you?”</b>	They internalize this



---

## REMEMBER:

At 7am, their brain processes **5-7 words max.**


More words = More tuning out.

---

 CUT HERE — FLIP CARD 

---

## SIDE B: SAY THESE INSTEAD

 <b>SAY THIS</b>	<b>Why It Works</b>
<b>“Teeth. Three minutes.”</b>	Short, clear, no debate
<b>“Timer says five.”</b>	Timer is authority, not you
<b>“What's next on your list?”</b>	Prompts THEIR thinking
<b>“You’ve got this.”</b>	Belief, not disappointment
<b>“What do you need right now?”</b>	Support without control

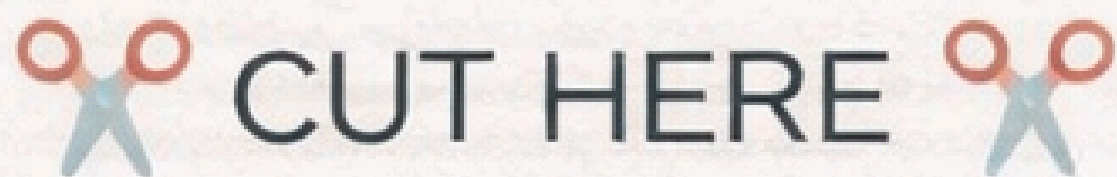
---

YOUR MANTRA:

**“Peace over perfection.”**

Point to the schedule. Let the timer talk. Protect the relationship.

---



---

### PRINTING INSTRUCTIONS

1. Print this page
2. Cut along the dotted lines
3. Fold Side A and Side B back-to-back
4. Laminate or place in plastic sleeve
5. Keep on fridge, bathroom mirror, or in your pocket