



# The Stoplight Tool

**What are the signs that I'm in the Green Zone?**

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**What can I do to stay in the Green Zone?**

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**What are the signs that I'm in the Yellow Zone?**

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**What can I do to gently nudge myself back to the Green Zone?**

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**What are the signs that I'm in the Red Zone?**

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**What can I do to gently nudge myself back towards the Green Zone?**

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