



REFRAME

Koret Garden Courtyard

How can I reframe my perspective?

Instead of focusing on bad news, try to reframe your perspective. Focus on what you do have and what is in your control.

"We can't escape, ignore or make this reality go away. But we can learn effective ways to deal with it, even to rise above it."

- Hal Urban



Scan here to learn more about alumnus **Bruce Diaso (1939-1972)**!

NEXT STOP:

4. **B** = Balance, Armillary Sphere



★ You Are Here

Walk a loop around this courtyard. Take time to think about both good and bad news in your life. As you approach the turn, literally and figuratively reframe your perspective...