

Stop and think before acting.

先停下来再做事情，能避免很多错误。

Not too fast, not too slow.

不快不慢，找到合适节奏。

Deep breath helps calm down.

深呼吸可以让我们冷静。

Step by step is better.

一步一步做更容易成功。

Ask for help when needed.

需要时要勇敢求助。

Try again patiently.

耐心再试一次。

Balance is the best way.

平衡节奏是最好的方式。

Slow mind, smart action.

慢一点思考，聪明地行动。