

PIVOT POWER GUIDE

How to Regain Your Footing Fast

Don't freeze—pivot with power.

3-Step Platinum Pivot Plan



Pause Before You Panic

- Breathe deeply for 90 seconds.
- Ask: "What's fact, and what's fear?"
- Remind yourself: "I've handled hard things before."



Reframe the Story

- Ask: "What if this is happening for me?"
- Write down three possible silver linings.
- Replace "Why me?" with "What now?"



Move—With Intention

- Take one meaningful micro-action today.
- Text a friend, make a call, organize one drawer—momentum matters.

"Every setback is a setup."
"Grace under pressure is my superpower."
"I bend. I don't break."

Platinum Pivot Checklist

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| ☐ Pause and breathe | ☐ Choose a new focus |
| ☐ Clarify what actually changed | ☐ Take one aligned step |
| ☐ Identify one small win | |

"You can't control the storm, but you can dance in the rain—and maybe look fabulous doing it."



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