



CHANGIN' the FLOW with YOGO

“If you don’t FEED it, it won’t GROW”
—Alex-Zan

- If you got a **BEEF** or **ISSUE** with someone **YOGO**
- If you hear **GOSSIP** or **RUMORS** **YOGO**
- If you feel **DISSED**, **HURT**, or seek **REVENGE** . . **YOGO**
- If you are **ANGRY**, **CLOSE** your mouth **YOGO**
- If you **DWELL** on any **MISTAKES**. **YOGO**
- If you send **HARMFUL** texts or photos. **YOGO**
- If you are doing things that
disrupt your **COMMUNITY**. **YOGO**

To live a better life, be still and know.
Listen, Learn and Grow with YOGO!

Need to talk now? Call or Text 988



Email alexzan@i-c.net
In honor of “Diddy”

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YO!
LET IT GO...
Anger—Argument—Revenge



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it won't GROW.
—Alex-Zan

IN
The 'Ville



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YO — Let It Go!
(To reduce the Culture of Violence)

7 TOOLS

to Avoid Conflict/Confrontation

1. JT – Just Think:

Stop and think before you act, say or do anything negative.

2. TBO – The Brush Off:

When anyone talks negatively about you, just brush it off.

3. JMS – Just My Style:

It's about your character, style and what makes you “you”.

4. Take 10:

Angry? Close your two hands and release or count to 10.

5. WBA:

Wave and Back Away.

6. 3DB:

Pause, and take 3 deep breaths.

7. CYM:

Close your mouth, listen and move on.

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