



Evaluating Your Stressors

*** What are the top 3 things in your life causing you stress and frustration?**

*** What are the possible solutions to these challenges?**

*** How can you prevent them from happening again?**

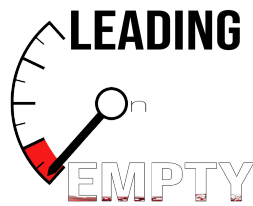
Motivation Matters

*** Create your self-care routine**

Prioritize What's Important

*** Top 3 things I need to focus my time on**

*** What do I need to remove from my schedule? Why?**



Teamwork

✧ **Who can I delegate tasks to? What tasks will I give them?**

✧ **Accountability Partner: Name, Contact Information, Best Time to Connect**

Next Step

✧ **What action steps do I need to take this week?**

✧ **Biggest Takeaways:**

✧ **Additional Notes:**

