Work/Life Satisfaction



























My Priorities

Weekly activities	Intermittent activities
•	
•	
•	•
•	•













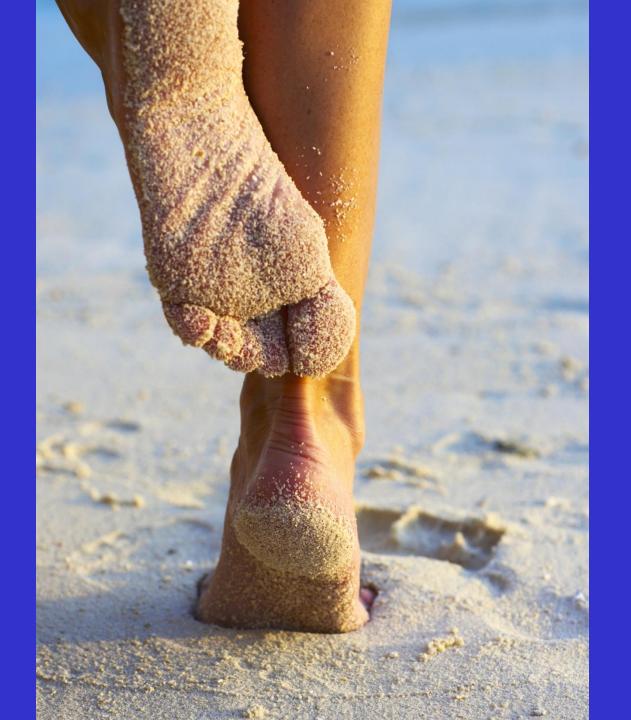














RECAP

- Know your warning signs
- Identify your non-negotiables (no more than 5)
- Look for the small changes (and manage the tech)
- Keep your priorities front of mind in daily decision-making
- Be kind to you!



