

Commit to change!

Which tips resonated with you most?

- Self- Mindsets to change
- Self-Mindfulness
- Body- Physical activity/ diet/sleep
- Self-Gratitude list
- Self- Reenergize
- Others-Building trust
- Others-Negotiating household chores
- Others- communication skills to build
- Others- workplace tips
- Reconnect to your day
-

Which one am I ready to implement now?

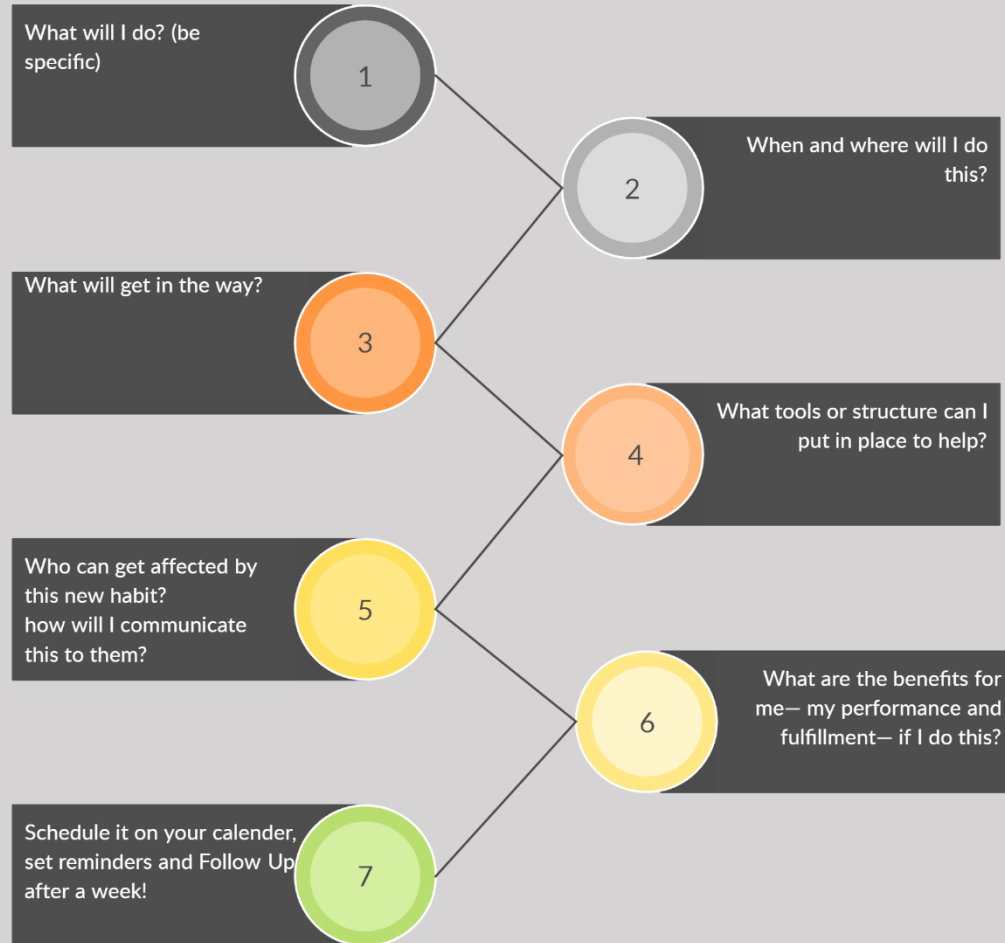
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What are the 3 actions I will implement this week?

1. _____
2. _____
3. _____

Pick one and put this on your schedule. Use google calendar or any other reminder system, even post it notes. And set apart time and space to do the same. Use the following flow chart to help make it SMART!

Commit to one small habit today!



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