**Commit to change!**

**Which tips resonated with you most?**

r Self- Mindsets to change

r Self-Mindfulness

r Body- Physical activity/ diet/sleep

r Self-Gratitude list

r Self- Reenergize

r Others-Building trust

r Others-Negotiating household chores

r Others- communication skills to build

r Others- workplace tips

r Reconnect to your day

r

**Which one am I ready to implement now?**

r Self- Mindsets to change

r Self-Mindfulness

r Body- Physical activity/ diet/sleep

r Self-Gratitude list

r Self- Reenergize

r Others-Building trust

r Others-Negotiating household chores

r Others- communication skills to build

r Others- workplace tips

r Reconnect to your day

**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!**

