



Directions:

Spend a few minutes reflecting on each of the following question, then record your thoughts.

<p>Pandemic patterns – Did you adopt any strategies to make it through the pandemic that you’d like to stop? What makes it easier or harder to do this?</p>
<p>Life & family demands – What’s negotiable versus non-negotiable? Who else can help?</p>
<p>Work demands – What are the top 3 things about work that leave you with less energy for life?</p>
<p>Back to basics – How satisfied are you with sleep and exercise at this point in your life?</p>

What do you want to create more time for?

- Friends ▪ Exercise ▪ Yoga ▪ Sleep ▪ Healthy Cooking ▪ Date Night ▪ Vacation ▪ Personal Retreat ▪