

Stronger Under Pressure

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Remember- We are all in this _____ !

SURVIVAL SKILLS

1). _____ good.

2). _____ good.

D.O.S.E.

3). Be _____.

4). Be _____.

Which of these shows up most often in your life?

THRIVAL SKILLS

1). _____ what you _____.

White Object Exercise

2). With great _____ comes great _____.

3). Find your _____.

work _____

health _____

relationships _____

Spirituality _____

4). _____ outside of your own time

5). Embrace the _____.

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Email me at chrisbarras@mac.com and let's work together.