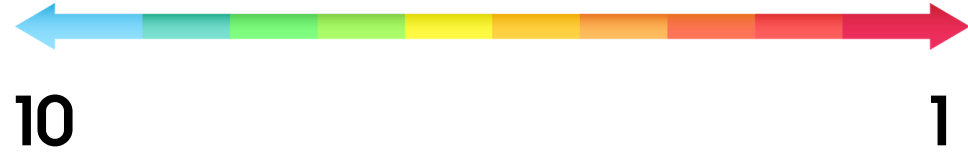




Well-being: The Non-Negotiable First Step

How consistently do you prioritize your well-being in your daily routine?



Breathing:

How effective is your breathing technique in managing your stress and improving focus?



Stay Active:

How would you rate the integration of physical exercise into your daily routine?



Eat Well, Feel Good

How well do you follow a "healthy", balanced diet that suits your lifestyle?



Stay Connected: The Relationship ROI

How satisfied are you with the time you allocate to nurturing personal and professional relationships?



Honor Boundaries: The Power of 'No'

How effective are you in setting and maintaining boundaries for your time and energy?



Embrace Gratitude: The One THING Exercise

How effective are you practicing gratitude?