

If I had to
pinpoint one source
of **OVERWHELM**
right now, what
would that be?



1. I wanna do more than I would be comfortable with?
2. Life never seems to get easier
3. My to-do list never seems to come to an **END**

What are the 3 things which
are causing
me the most
STRESS
right now?



1. _____
2. _____
3. _____

If there were just **THREE**
things you can do today that
make your
life easier,
what would
those be?



1. _____

2. _____

3. _____