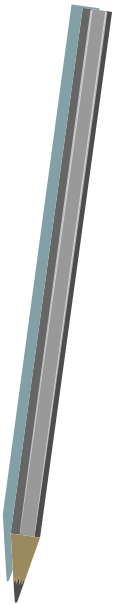


Under the pump?

Here are some questions that can help you get through.



<input checked="" type="checkbox"/>	Am I getting enough sleep?
<input checked="" type="checkbox"/>	Am I talking to someone about what's on my mind?
<input checked="" type="checkbox"/>	Am I eating well and keeping physically active?
<input checked="" type="checkbox"/>	Am I having down-time to recharge?
<input checked="" type="checkbox"/>	Do I have a list of what is realistic to achieve each day?
Using these questions to lock in small changes can make a big difference.	



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