

Under the pump?

Here are some questions that can help you get through.

- ☒ Am I getting enough sleep?
- ☒ Am I talking to someone about what's on my mind?
- ☒ Am I eating well and keeping physically active?
- ☒ Am I having down-time to recharge?
- ☒ 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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