## Under the pump?

Here are some questions that can help you get through.

	<ul> <li>Am I getting enough sleep?</li> <li>Am I talking to someone about what's on my mind?</li> </ul>	Sam Whitelock FARMSTRONG	
	Am I eating well and	AMBASSADOR	
	keeping physically		
	active?		
	Am I having down-time to recharge?		
	Do I have a list of what is	Lock if in	
	realistic to achieve each	LOGIS UP UR.	
	day?		
	Using these questions to lock in small changes can		
ko	make a big difference.		





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