

PUTTING IT ALL TOGETHER - MY PERSONAL SYSTEM

Combine tools that actually work for you

My top 3 tools I will use most often: _____

When my energy is LOW, I will: _____

When my energy is MEDIUM, I will: _____

When my energy is HIGH, I will: _____

My warning signs that I need to slow down: _____

My reset plan when things fall apart: _____

My daily anchor: _____

My weekly anchor: _____

Notes / reminders to myself: _____
