

RESET FOR SUCCESS

Times of immense challenge can be periods of your highest growth and opportunity. Sometimes when things don't go as planned you can get stuck. The good news is you don't have to stay there - you can learn how to reset for success.

1. Evaluate your mood, focus, and productivity right now. How are you doing? Think about what you can do to gain clarity and reset.
2. Build your energy reserves. What fuels you? Name three things you can do to lift your spirits and increase your energy. Schedule these in your calendar.
3. Don't miss the lessons. Identify what you are learning in this time of challenge. How can you use these lessons to set you up for future success?