

CALM THE CHAOS

HOW TO GET OUT OF OVERWHELM

SELF-CARE

JUSTINE

I'M WORKING HARD
PLAY TOGETHER
THIS IS A STRUGGLE

TIME

ACCEPT LESLIE

FOCUS ON WINS
ASK HOW
BABY STEPS

SHIFT

ACTIVATE

CONNECT

SPARC

PRIOTIZE

RECHARGE

S:

P:

A:

R:

C:

BOOSTS

DRAINS

+

NOTES...