

I USED TO HAVE A HANDLE ON LIFE, BUT IT BROKE!

Stress Management for School SLPs in a Post-Pandemic World

Shari Robertson, Ph.D., CCC-SLP

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DISCLOSURES

FINANCIAL I have received an honorarium for this presentation. I am the author of a book of a similar title for which I receive royalties and is published by my company, Dynamic Resources

NONFINANCIAL No non-financial relationships exist related to the content of this presentation.

Shari Robertson, Ph.D., CCC-SLP, 2019
ASHA President
ASHA Fellow
CEO Dynamic Resources
Professor Emerita, Indiana University of PA
20 years working in public schools

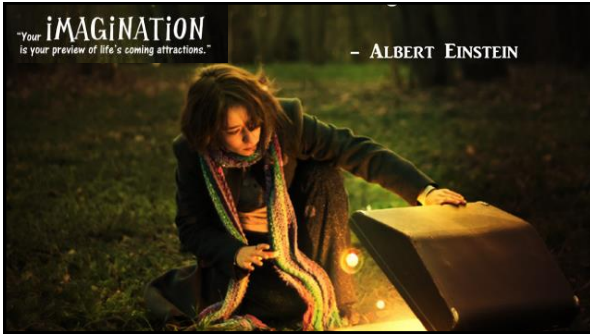
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Every single innovation, regardless of the field, was once only the germ of an idea when someone who had the courage to ask "what if"

The world, including our professional world, will continue to change and evolve





Rather than clinging to what is comfortable and familiar, Imaginologists endeavor to embrace new ideas, using their imaginations to create new possibilities for the good of our students and their families

3



4

Today we will: Learning Outcomes

-  Identify Time and Stress Stealers
-  Identify and neutralize the stress-inducing behaviors of difficult people in your environment
-  Communicate effectively to reduce stress and be heard
-  Actively manage thinking and behavior to reduce personal and professional stress

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Let's get real....



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2020 (and

7

Is this YOU???

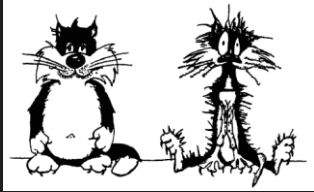
2019



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Is this YOU???

2019



Now

9

2020/21 has been a beast...

But you HAVE survived and that is a victory.



FULL STOP


10

But it gives us a chance to move forward into with new goals, new focus, and new clarity into what's important.

And one of those things is **YOU**



11



PRE-TEST!

TRUE OR FALSE.....

12

1. Most of our stress is a result of external factors that we cannot control.

FALSE!

13

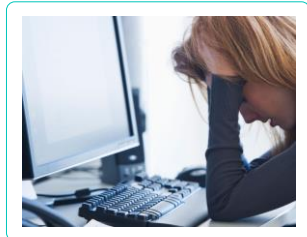
Stress is caused by our **INTERNAL** response to external factors.

We have a choice in how we respond to events



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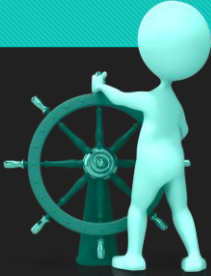
You can surrender to the fact that work (and life) is inherently stressful and there's nothing you can do about it



15


OR

○ You can choose to begin to pro-actively manage stress by changing the way you respond to factors that are not under your control.



16

2. The more time you invest in work, the more you will get done (and the happier and more successful you will be).



FALSE!

17

Research Shows That:

- Working more hours per week is productive only to a point.
- **Regularly** working more than **55** hours per week leads to burnout and stagnation.
- Professional success and job satisfaction typically increase when people take time to pursue personal and leisure goals.

18

The Challenge

To be successful in your professional practice setting AND maintain personal relationships and protect personal time

19

The Work-Life balance is not really a balance



20

It should be tilted toward LIFE!



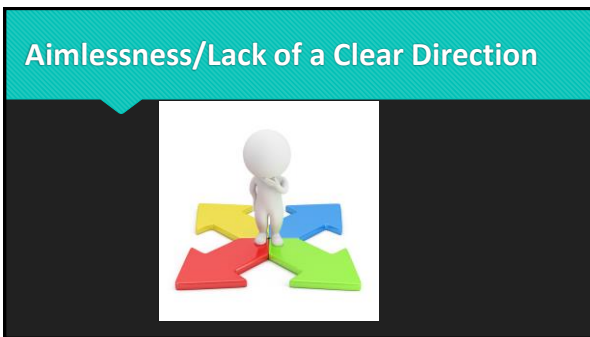
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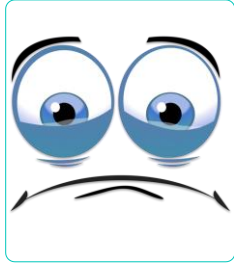


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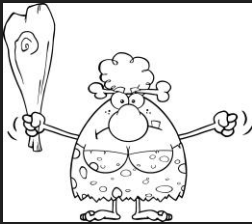
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Apathy/
Low Morale



25

Aggression



26

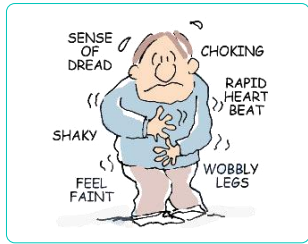
Depression



"Dumplin'" owned by Helen Hudson

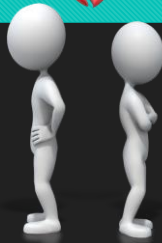
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Anxiety



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Weakened Relationships



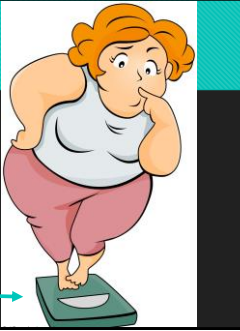
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Bad Hair Days



30

Weight Gain



The COVID "19" →

A cartoon illustration of a woman with orange hair, wearing a white tank top and pink pants, standing on a green scale. She has a large, round weight on her back, and she is looking thoughtful with her hand to her chin. A teal arrow points from the text 'The COVID "19"' to the scale.

31


I RUN MARATHONS TO GET RID OF STRESS
Just kidding.
I eat cake.

"Stressed" spelled backward s is "Desserts"

A graphic with a white background and a black border. On the left, it says 'I RUN MARATHONS TO GET RID OF STRESS' in large red letters, followed by 'Just kidding.' and 'I eat cake.' in smaller black text. On the right, it says '"Stressed" spelled backward s is "Desserts"' in teal and black text.

32

Radical Personality Changes



A photograph of a hairless cat sitting on a patterned surface. The cat has a small tuft of black hair on its head, styled like a mohawk.

33

Drug and alcohol addiction



34

Exhaustion



35


Poor Health

- High blood pressure
- Heart disease
- Regular headaches
- Sleeplessness
- Metabolic shifts
- Depression or mood swings
- Panic attacks
- Obsessive-compulsive disorder



36

What to do? What to do?



37

There is no magic wand....



38

Strategies to Proactively Manage Stress



39


1. Identify your Personal and Professional Stressors



Name the Beast to Tame the Beast

40

- Many people don't take the time to identify the SOURCE of their stress.
- This can result in a general feeling of chronic anxiety that never really goes away.



41

KNOW YOUR ENEMY!

- In order to manage stress effectively, it is important to identify exactly what is causing the stress.
- We can then take steps to neutralize the stress at its source rather than trying to manage the symptoms on a daily basis.

42

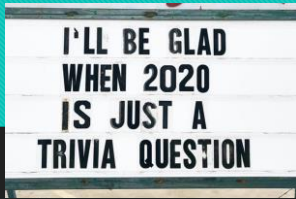
Common Stressors for Schools-Based Professionals

1. Time constraints/lack of personal time.
2. Institutional procedures and **paperwork**.
3. Unrealistic workloads
4. Ineffective/frustrating interactions with parents, colleagues, etc
5. Feeling helpless (what can one person do?)
6. Lack of reward and recognition
7. Professional identity issues
8. Coping with constant change

43

Events and circumstances of 2020 (and continuing) has exacerbated stress levels

While adding unique stressors to the mix



44

Uncertainty and Change (on steroids)



45

Wearing too many hats!

○ Already a problem, but now we try to manage work, child care, elder care, 3 meals a day, housekeeping, self care,

46

So.Much.Togetherness.

47

2020

48

Separation and Loneliness

49

Too Much Screen Time (and social media influences)

50

Political Uncertainty and Incivility

51

So Many Others...

- Racial and Civil Unrest
- No Entertainment Options/Outlets
- Fear related to getting or spreading COVID
- Illness
- Tribalism
- Vaccine scheduling
- Murder Hornets

While many of these are easing, the negative effects it/they had on our lives endures

52

And then there is the #1 cause of stress for most of us.....

53

THE PERFECT TRAP!

54

- Create fabulous lessons (from scratch) for every group or client every day
- Provide the same quality services to students on our caseload of 75 (or 80 or 100) that we provided when our caseload was 35.
- Meet with parents at conferences, send home daily progress reports, and consult with every child's teacher.
- Complete all paperwork on time, bill out access services, and collect outcome data daily.
- Develop unique assessment protocols and in-depth reports, including rationales, validity and reliability data, and growth trends for every child
- Read all your professional journals cover to cover
- Provide consultative services, sit on at-risk committees, and coordinate AAC services
- Chair the sunshine fund, organize the weekly potluck, never forget a colleague's birthday, and be the unit's undisputed fashion maven

55

- Raise well adjusted children who receive a lot of individual attention
- Have a Martha Stewart home and garden
- Create home-cooked, gourmet meals on a daily basis
- Maintain perfect hair and nails
- Coach your kid's soccer team
- Never snap at your spouse/partner
- Chair the library committee, teach Sunday School, and volunteer to make the costumes for the dance recital.
- Etc., etc., etc., etc., etc., etc. etc. etc.....

56

NAME THE BEAST TO TAME THE BEAST

Matching your attention to the real state is taming them! To be more specific about what exactly is causing you stress. Once you know what to tackle, you can create an action plan to mitigate the effects.

RECORD YOUR STRESSORS, FREQUENTLY. THEN, ASK THE ONE WHO KNOWS THAT IS CAUSING YOU THE MOST STRESS ABOUT HOW.

Complete during upcoming break....

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Re-balancing your Life

58

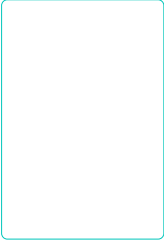
How do you do that?

- Do what you do WELL
- Do it as EFFICIENTLY as possible
- INVEST time in pursuing your personal goals (What makes you happy/feeds your soul).

59

Pause and Consider...

If I had more personal time I would....



60



- ▶ Really think about this for a minute.
- ▶ What would you do IF YOU HAD THE TIME?
- ▶ Hold that thought.....
- ▶ (or, add it to your Doodle page in your handouts)

61


SHIFT YOUR THINKING

Free yourself from the futility of "if only" to the possibilities of "what if?"



62

YOU are the CEO of your life.



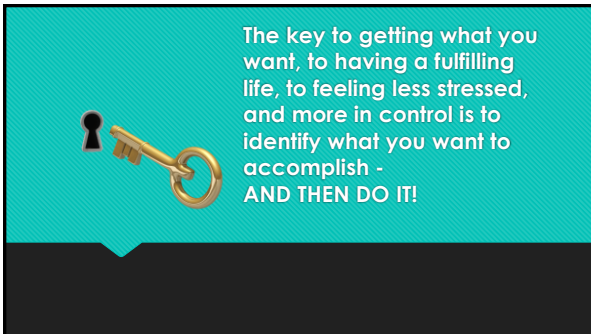
- Most people don't take the time to truly think about what they want to accomplish.
- Instead, their goals and actions are dictated by the wants and needs of others.
- They are busy all the time, but never feel they have accomplished anything.
- This is a HUGE SOURCE OF STRESS!!

63



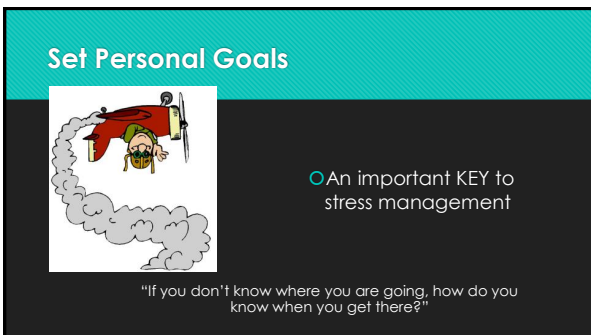
Get off the hamster wheel...

64



The key to getting what you want, to having a fulfilling life, to feeling less stressed, and more in control is to identify what you want to accomplish - **AND THEN DO IT!**

65



Set Personal Goals


○An important KEY to stress management

"If you don't know where you are going, how do you know when you get there?"

66

If I only I had _____, I would _____

- Really think about this for a minute.
- What would you do/pursue/accomplish if you only had the time, money, freedom, knowledge, etc. etc.?



OKAY TO THINK ABOUT THIS FOR WHEN PANDEMIC RESTRICTIONS EASE

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IF YOU DON'T KNOW WHERE YOU ARE GOING...

GOALS WORKSHEET

Professional Goals	Priority	Personal Goals	Priority

Regularly think back with the list. If you achieve something add the priority. Change the time goals you qualify. If you can't reach to achieve your goal, then it means you are not ready. Then prioritize them in order of importance. No matter how the situation or conditions change, you should be ready to change.

BUT IT BEGINS

List several goals that you would like to accomplish if limitations were laid aside

Goals can be short-term, long-term, idealistic, personal, professional, etc.

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IF YOU DON'T KNOW WHERE YOU ARE GOING...

MY GOALS

- Learn Calligraphy
- Start a professional blog
- Get 8 hours of sleep

I am the CEO of my life!

USED TO HAVE A HANDLE ON LIFE...

69

Next, pick a goal and identify a **FIRST** step



Working hard for something we don't care about is called **STRESS**.

Working hard for something we love is called **PASSION**.

70

Finding the time...

The million dollar question



71

Take 90 seconds to re-create your "to-do" list



(there's a form in your handouts or just use a piece of paper).

72

- Schedule a ridiculous number of parent meetings
- Test Jimmy and Maria
- Take dog to the vet
- Meet with Mr. and Mrs. Peach
- Develop schedule for next week
- Update billing records
- Do grocery shopping
- Adapt materials for on-line delivery
- Accumulate CEUs
- Laundry, Ironing
- Doctor's appt
- Meet with OT regarding Suzy Q
- Keep own kids on track for school

73

Now, take a good look at your list.
How many tasks are there by your choice?



Odds are that is it chock full of tasks that OTHERS have put there for you (e.g., paperwork, assessment reports, meetings, errands, etc)

Odds are even greater that there are few or even NO tasks on your list that support your personal development and long term goals.

74

Reminder:
YOU are the CEO of your life!



- When our actions are dictated solely by the wants and needs of others, by default, we let OTHERS choose our goals and consume our time.
- This can lead to **stress, burnout** and a **sense of being unfulfilled or unappreciated.**

75

I HEAR YOU ARE DOING GREAT THINGS!

Date Created _____

MASTER LIST

Task	Priority	Complete By
Make sure your to-do list always includes AT LEAST one task that you choose that will help you move toward your personal goal		
START WITH THE FIRST STEP YOU JUST IDENTIFIED		

76

The Master List

The Backbone of Time Management



"The single most important time-saving and time-finding technique is to *write it down!*"

77

I HEAR YOU ARE DOING GREAT THINGS!

Date Created _____

MASTER LIST

Task	Priority	Complete By

78

Master List

- Includes every task, project, activity, obligation, etc.
- Add pages as you need them (don't rewrite every day)
- Cross off items as you complete them
- Review and consolidate periodically
- Carry it with you so you can add or cross things off as appropriate
- BE CONSISTENT IN KEEPING YOUR LIST UP TO DATE!

79

✓ Your to-do list is what you are working ON.

✓ Your goals are what you are working TOWARD.

It's important to have both!!

80

NOW that you have committed to that first step..

KEEP GOING!

IF YOU DON'T KNOW WHERE YOU ARE GOING...

DEVELOPING YOUR GOALS

Smaller is than-Work the Plan!

- Pick one of your highest priority goals from your Goals Worksheet and break it into smaller goals. Assign a time line for each goal (two weeks, one month, etc.)
- Transfer items to your Calendar and then onto your Master List as appropriate.

GOAL

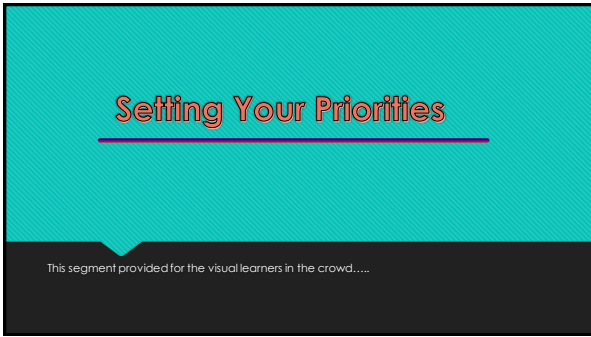
DATE	Time line

BUT IT BROKE! 29

81



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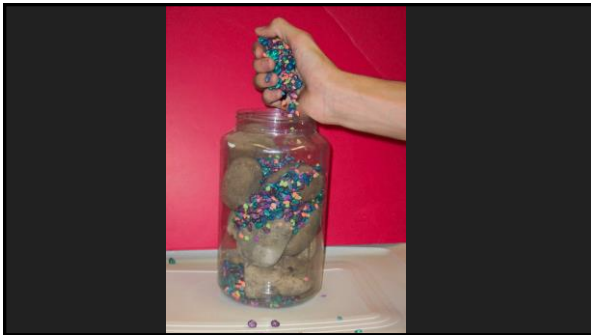
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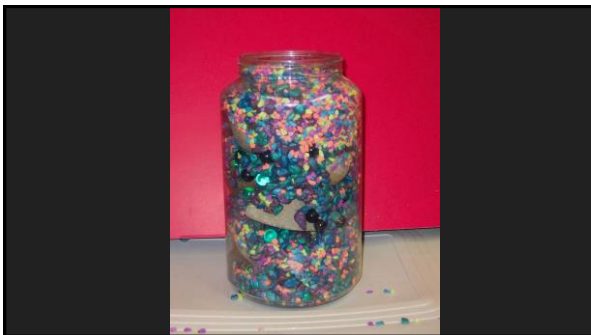
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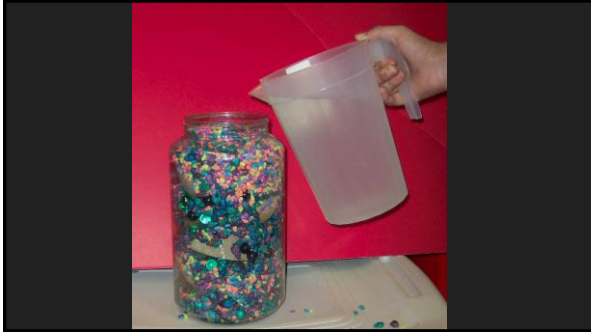
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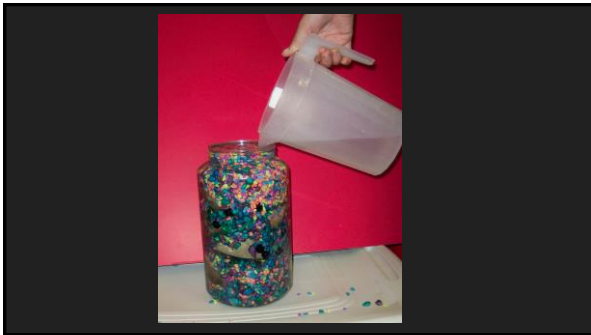
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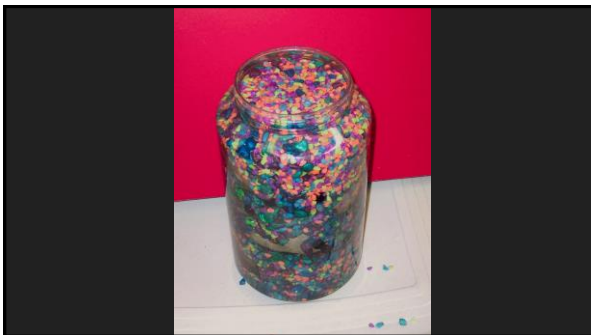
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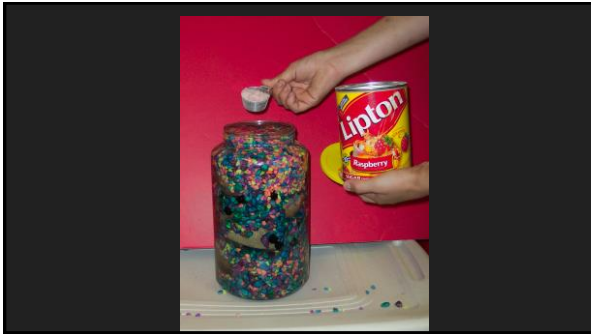
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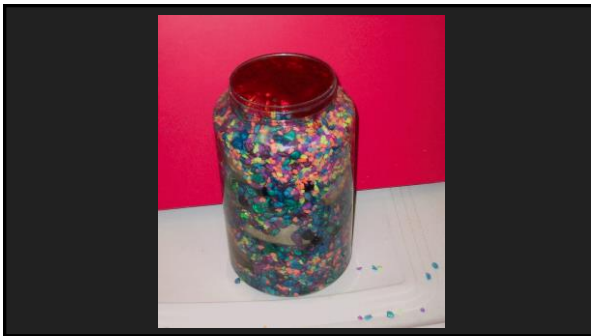
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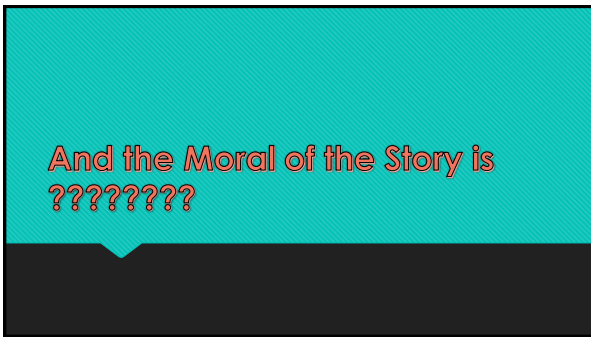
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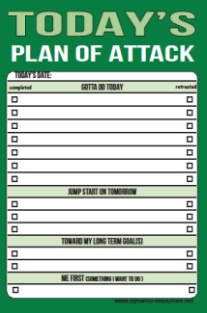


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Schedule Your Important Stuff FIRST

- Make sure that your "big rocks" are things that are most important to you.
- Put these in your "jar" first. (Schedule time for them)
- This ensures that you are moving toward your personal goals.
- If you put in the "little rocks" (things on your list that don't contribute to your personal and professional goals) you won't be able to fit in tasks that are most important to you (your big rocks!)

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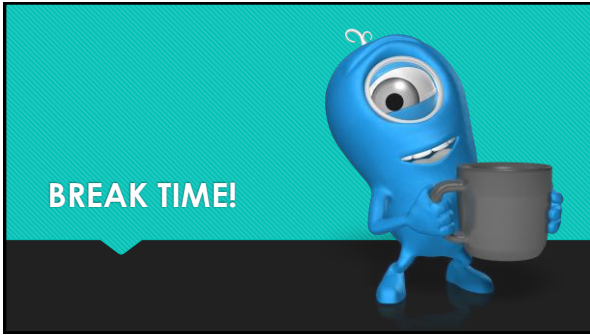
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YOU are the CEO of your life.



- Most people don't take the time to truly think about what they want to accomplish.
- Identifying your personal goals and working toward them helps you take control (or take back control) of your life.
- When you invest time in yourself, your stress will be reduced and your satisfaction in life will rise.

96



97



98



99

Assertive



I feel good!


So, do it!

Say What you Mean
Mean What you Say

No Hidden Agendas!

100

Passive



Just too much effort.....

101

Aggressive



ANGER

HURT


102

Passive-Aggressive



**It's
Payback
Time...**

103



TOM	1
SHARI	0

104

Managing Communication

- Be aware of the effect of communication styles used by others
- Use Assertive Communication when you initiate conversations and in response to other's attempts to manipulate you using the other styles.
- Eliminate passive aggressive and aggressive communication from your daily interactions (this one step alone is **GUARANTEED** to substantially reduce your stress)


105

Dealing with Difficult People

Working with **YOU** is Killing **ME!**



106



- Some of the most stress in our lives stems from the behavior of others.
- However, like everything else, we have a choice in how we respond to this
- We can let difficult people drag us down into their misery
- OR, we can rise above the fray.

107

Important Facts about Dealing with Difficult People




108

Dealing with Difficult People is a MUST!

- Your situation will almost always get WORSE – not better – if left unaddressed.
- It may simmer for a while, but it will eventually erupt (or you will).

WORST CASE SCENARIO




You may find YOURSELF being painted with the same brush as your difficult person.

109

It's not about you – it's about THEM!

- People who are bored, unhappy, insecure, unmotivated, immature and/or incompetent try to take others down with them – to wallow in THEIR misery.


The behaviors difficult people exhibit are a reflection of their inner state



110

Difficult People have a **CHOICE** in how they behave

NO ONE IS FORCING THEM TO BE DIFFICULT



111

Difficult People are Difficult
Because they are Reinforced
for Being Difficult!

- Difficult people don't become difficult overnight
- They are difficult because they have years of "success" in getting their way
- Our job is to break the cycle or they will continue to be difficult because it is WORKING FOR THEM!



112

Difficult People treat
EVERYONE badly.




So, we need to STOP taking
their behavior personally!

113

You can't control
the behavior of
difficult people -
but you can
control your OWN
behavior in
response to them.



114



YOUR BEHAVIOR-CHANGING TOOLBOX

115

✓ **Use Assertive Communication**

- Do not get sucked into the black hole of non-productive conversation with difficult people.
- Say what you mean, mean what you say.
- State the behavior
- Ask searchlight questions
- Expect respect
- **LEADERS:** You must model assertive communication as the standard for the department/unit/college. If you want a productive, functioning department, **this is your #1 job.**

116

✓ **Conserve Your Energy**

“Where Attention Goes, Energy Flows”


Energy spent dwelling on negative people.....

- how badly they have treated you
- how unfair it all is
- how miserable they make you

...is energy that could have been spent on YOUR personal well-being.

117

"What you fail to forgive, you live."



118

✓ Dump the Victim Mentality


- Whining is not a substitute for action!
- Feeling sorry for yourself or bemoaning your situation will NOT change it.
- It's your job to change your environment if you don't like it.

"You're nobody's victim without your permission." Eleanor Roosevelt

119

Pause and Visualize

- Put your difficult person in a box at the end of the day
- Close the box
- Do not open the box until you get back to work



120

✓ Don't be drawn into Conflict
(Rise above the Fray)

Have a
mint!



121

✓ Don't Reward Difficult People for their
Bad Behavior



- Many times we aren't aware that we are actually adding to the problem.
- When we back down, give in, give up, or give ground, we are just rewarding difficult people for being difficult.

122

✓ Stick with it

- Persistence and Consistency is Critical
- Bad behaviors like bad habits can be difficult to change



"We train other people how to treat us."

123


Dealing with Whiney/Victim Types




124

DO


- Listen with compassion – briefly
- Interrupt if necessary
- Ask them if there is something specific that you can do to help them solve their problem
- Direct them to the proper person
- Draw the line



125



Blah...blah...blah...



I am doing the work of three people. I want three more people hired.

YOU

“Yes, I know that you are working hard, but I don’t make hiring decisions. So **what, exactly, can I do for you?**”
(ask for a specific solution)

126



**Blah, Blah, Blah....
(whiner keeps whining)**

YOU

“Kristy, our friendship is important to me, but there’s no point in complaining if nothing can be done. If you want to talk to me about solutions or anything other than problems, my door is always open.”

(Draw the line)

127

DON'T



- **Agree with whiners** – it just encourages them to keep whining
- **Disagree** – they will feel compelled to repeat their problems
- **Try to solve their problems** – this reinforces their bad behavior – and they will continue to come to you to solve their problems or try to get you involved in their issues

128

My go-to response to stop whiners from whining.....



“What, exactly can I do for you?.”

129

Dealing with Aggressive/Angry Obnoxious Types




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Do

Command Respect

- Stand your ground
 - Make eye contact
 - Visualize
 - Breathe
- Listen without Interrupting
- THEN: Interrupt (Use Name)
- Identify Intent
- Provide a "Bottom Line"
- Peace with Honor




Aggressive people require assertive responses

131

DON'T

- Push back/Counterattack
- Become defensive
- Get drawn into an argument
- Try to prove you are "right"
- Allow yourself to get run over, have your time invaded, or withdraw from the interaction



132

The bulldozer barges into a classroom where you are working with students

"I TOLD you we needed IEPs for the entire year scheduled THIS MONTH. I don't care if they are not due for 2 more months. Why are you wasting time working with teachers and parents in the classroom? We need to get this done or we will be out of compliance!"



133



- Let the bulldozer wind down (stand your ground/listen)
- "Lori, Lori, Lori, Lori ..." (Interrupt the attack)
- "I understand that you are concerned about being in compliance so we do not lose funding" (Identify intent)


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- From my point of view, the time I am spending with teachers and parents will ensure that the IEPs we develop will provide efficient and effective intervention services." (Bottom Line)
- "I have a master timeline for scheduling IEPs. I will be more than happy to share that with you when I am not working with students." (Peace with honor)



135


Dealing with Tattlers, Backstabbers, Sniper Types



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- Goal of this kind of difficult person is to make you look bad
- Believes that in order for them to “win” someone else has to “lose.”
- But operates in the dark – too much of a coward to communicate directly

Passive Aggressive – the communication style of cowards...



137

DO: Bring them out of hiding through assertive communication

- **Use Searchlight questions**
 - When you say that, what do you mean? (sarcastic comments)
- **Stand your ground**
 - “I can take a joke, but I’m still wondering what you meant by”
- **Use broken record technique**
 - (keep asking the question until its answered)
- **State shared purpose**
 - We have to work together and the best way to do that is to trust each other
- **Keep your cool.**
 - Reacting in any way other than through assertive communication gives them power and motivates them to keep doing it

138

DON'T

- Allow the sniper/tattler to hide in the shadows
 - Shine a spotlight on their bad behavior
- Lose Your cool
 - Reacting in any way other than through assertive communication gives them power and motivates them to keep doing it
- **Participate in Tattling interactions**

139

A favorite way to shut down tattlers without confrontation.



“Gee, they have nothing but nice things to say about you.”

140

Remember!



- Don't allow yourself (or others) to make excuses for the person who is being difficult.
- Don't take their behavior personally – they most likely treat everyone badly.
- Don't reward difficult people for their negative behavior.
- **DON'T WASTE YOUR PRECIOUS TIME AND ENERGY THINKING ABOUT A DIFFICULT PERSON.**


141

More Stress-Busting Strategies



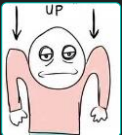
142

Tune into your responses to stress




143

Move your shoulders away from your ears...

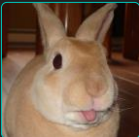


UP



Relax your Jaw.....

Drop your tongue from the roof of your mouth...



144



"Shari is currently out of the office"

Counteract Stressful Thoughts with Positive Ones

145

"Everything will be okay in the end. If it's not okay, it's not the end."

146




✓ Don't allow others to dictate how you spend your personal time

147

Putting Yourself First is not Selfish

- Refer back to personal goals
- Vote with your actions
- Train others how to treat you
- You can't xxx when depleted



That's the problem with putting others first; you've taught them you come second.

© MIND PLANNED

148



Pamper Yourself

149

You deserve it




Happy 2021

Nitty Noddy Health Farm and Spa

150


**"I AM NOT
REQUIRED TO SET
MYSELF ON FIRE TO
KEEP OTHERS
WARM."**



REMINDE YOURSELF OFTEN....

151

**Learn to say "no"
with a smile**



NO GUILT ZONE


152

*"Saying 'yes' to
happiness means
learning to say 'no' to
things and people that
stress you out."*

- Thomas Davis

153

One more kid with head lice and I'm outta here!



Vent your feelings
(But be prudent)

154

✓ Extract Yourself from the Perfect Trap



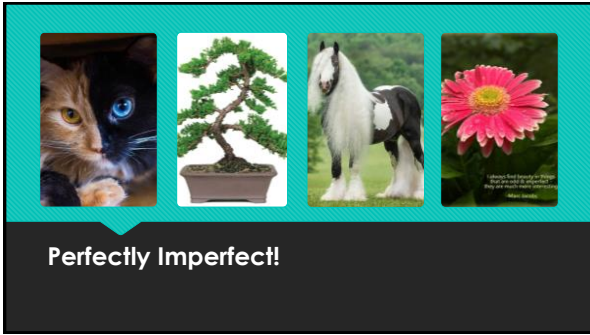
Perfection is **WAY** Over-Rated!

155

Perfection is an artificial and useless construct

- We are human. We aren't perfect.
- Striving for an impossible perfect standard raises our stress levels, increases burnout and depression, and reduces our creativity.

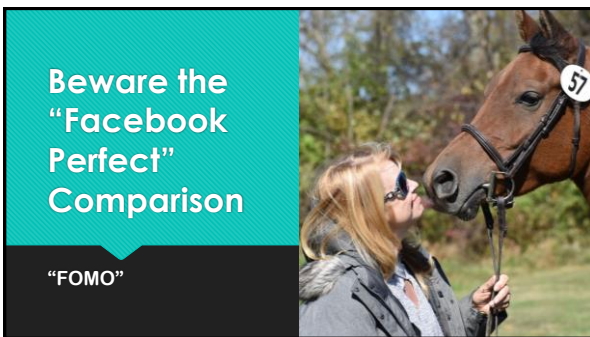
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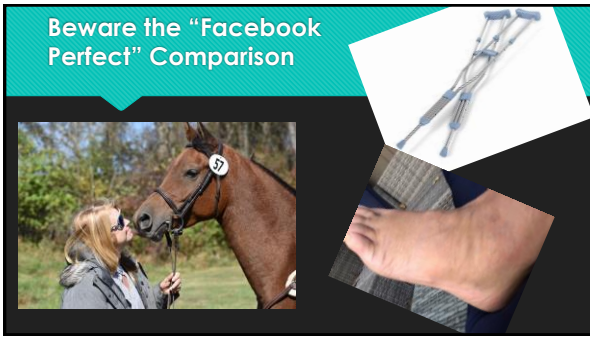
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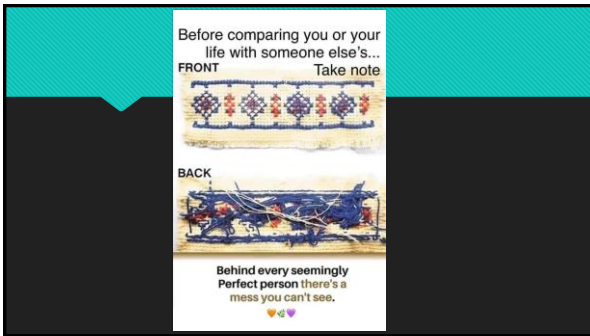
158



159



160



161



162

2020 – We plugged in


- The Perfect Storm of events in 2020 created an environment where most of us exponentially increased our screen time.
- Screens became our only link outside our "bubbles."
- In these circumstances, it is not surprising that most of us ended up semi-addicted to screens – TV, phones, laptops, tablets, computers, watches.



163

NOW– Time to Unplug

- Physical problems – eyestrain, headaches, weight gain, backaches, arthritis flair ups
- Reduced Productivity
- Reduced Levels of Happiness and Satisfaction
- Increased Anxiety
- Increased Depression
- Paranoia
- STRESS



164

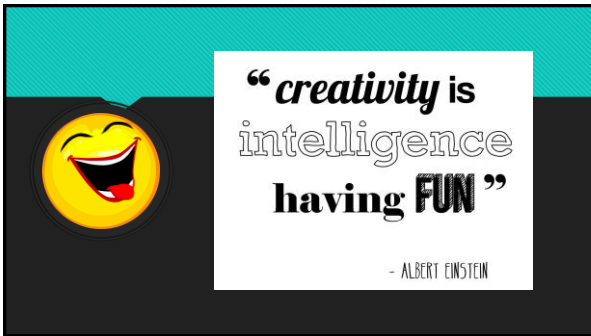
Starting a Digital Diet

- Pay attention (or journal) the amount of time you are spending on screens
- Note how you feel afterward
- Set goals to reduce time on social media and other non-essential screen time.
- Delete yourself from echo chamber groups and pay attention to rabbit holes (these are massive stress producers)
- Put other activities on your to-do list (work toward your personal goals during the time away from social media or other non-essential screen time)
- Pay attention to the positive outcomes to reducing time plugged in.

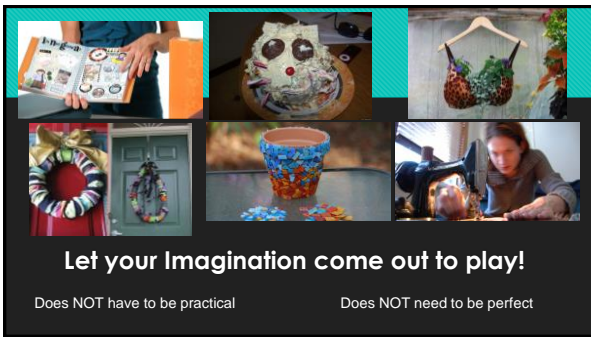
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166



167



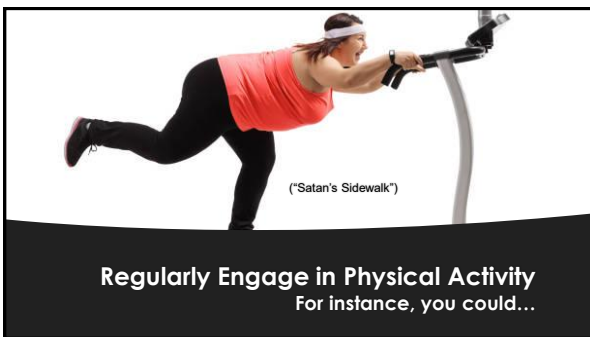
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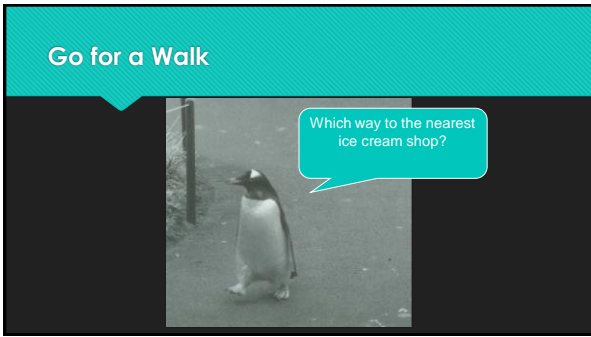
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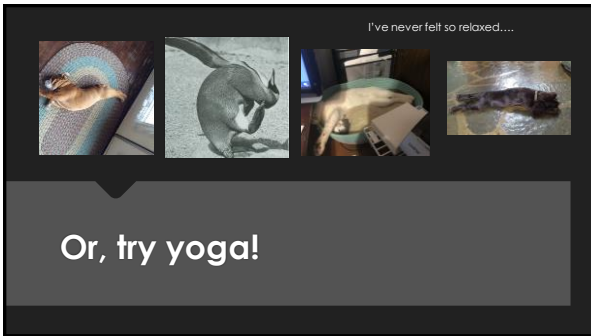
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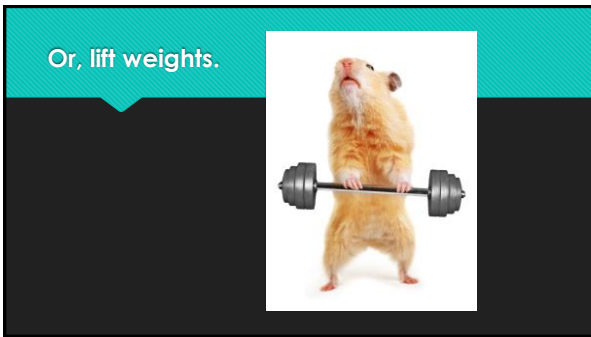
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172



173




174

TIP FROM SHARI: Full shopping bags make good hand weights




175

Always wear comfortable shoes



176

Breathe



Shallow, upper chest breathing is part of the typical stress response. The stress response can be reduced by consciously breathing encourage the body to relax, bringing about a range of health benefits.

177

Four Square Breath

HOLD

IN 1-2-3-4-5-6-7-8-9-10 OUT

HOLD

178

DEMONSTRATION:
Think about what goals this book is good for...

179

Choose your attitude!

180



181

Negativity

- Attitude plays a significant part in productivity, stress levels, and job satisfaction.
- Negativity is toxic to individuals and organizations.
- Avoid associating with people who contribute to negativity and
- BE A CATALYST FOR FUN!

182

Turn off your inner adult (and your inner critic)

183

WHERE THE WILD MUMS ARE

Because every mum deserves a break!

KATIE BLACKBURN SHOLTO WALKER

Adults tend to be mired in responsibility, predictability and boundaries—the antitheses of imagination.

Let your wild child come out to play.

184

Associate with other positive people

185

THE WORLD IS FULL OF NICE PEOPLE.

Be Kind to Yourself and Others by Reaching out and Doing Good

IF YOU CAN'T FIND ONE, BE ONE.
— NISHKANT PANDEY

186

FORGIVE EASILY

○ Holding a grudge against someone is like drinking poison and expecting the other person to die



187

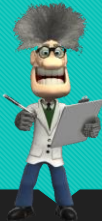
✓ Stop trying to be right...



Waste of time and doesn't accomplish ANYTHING good (and raises your stress)

188

Make a "to don't" list



Things I am NOT going to do today!

189

Such as:

- Sacrifice my personal goals and/or consistently put the needs of others before my own
- Allow someone else to make me feel inadequate.
- Volunteer to do something that I don't really want to do
- Substitute stress, worry or guilt for action
- Spend my time being influenced by others
- Give in to despair...

190

Personal Action Plan

The Definition of Insanity is doing what you have always done and expecting different results....

191

Look at your List of Personal Stressors and Goals

- Complete Your personal action plan (you'll find it in the handouts)
- Identify at least one strategy that you have personally targeted to begin NEXT WEEK!
- Monitor the results of your efforts
- Reward yourself for small victories.
- Slowly add new goals.
- Persist, persist, persist.

192

**YOU are
the CEO of
the rest of
your life!**



193

NOW, YOU'VE GOT A HANDLE ON LIFE

ACTION PLAN

From the list of strategies we explored today, choose 1 or 2 to work on in the foreseeable future. Then, list the steps you will take to make this happen: **WORK THE PLAN!**

STRATEGY:

Steps


STRATEGY:

Steps

BUT IT BEGINS 145

Worksheet #6

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REMEMBER! YOU hold the power to thrive as the CEO of your life.

- ✓ Be kind to yourself first so you can do good for others.
- ✓ Perfection is WAY over-rated.
- ✓ Set goals. Get stuff done. Feel fulfilled.
- ✓ Be an Imaginologists!
- ✓ LAUGH!

Thanks for listening!

195
