

Work/Life Satisfaction



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To do list
- call Mr. X
- 24

Get
1500
To do list
- call Mr. X
- 24





Hours
at
WORK

LIFE=
Hours outside
Work







My Priorities

Weekly activities

-
-
-
-
-
-

Intermittent activities

-
-
-
-
-



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Time to ride the way you want to ride



Challenge myself Travel



*Be comfortable with
Reflect
myself*



Time with the kids



*Celebrate being a
Enjoy the outdoors
Alive, here*









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RECAP

- Know your warning signs
- Identify your non-negotiables (no more than 5)
- Look for the small changes (and manage the tech)
- Keep your priorities front of mind in daily decision-making
- Be kind to you!

