



Survival Mode Worksheet

Everyone has times in their life when they feel they can't get ahead. **It's easy to beat ourselves up for not accomplishing all we want to do.** At times like that, we simply need to go into "Survival Mode" — doing the bare minimum it takes to get through the days with some semblance of peace until this season in our lives passes. Visit theproductivewomen.com/77 for more tips.

<p>What do I need to focus on the most? <i>Examples: Health, Work, Personal Development</i></p>	<p>What can I do for myself? <i>Try to do something every day to relieve stress. Examples: Exercise, Sleep, Journal, Talk to a Friend</i></p>
<p>Who can I ask for help? <i>Don't be afraid to ask for help. You can always repay the favor at a later date. Remember to be specific in your requests.</i></p>	<p>What do I need to do to get back on track? <i>Take these steps one at a time.</i></p>

Cherish every moment.

Extend grace to each other and yourself.

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