

THE PLAN

Burnout Game Plan by TacMobility

HOW HAS MY BODY BEEN FEELING?



CONSIDERATIONS:

- What are my current stress levels?
- Am I the only one that knows about my stress?
- Have I felt overwhelmed lately?
- Am I wanting to "numb out"?
- Do u have quality time off planned?
- Do I have anything fun coming up?

HOW DO I WANT TO FEEL?

WHAT'S THE PLAN?

From small to big, this is what makes me feel good. Do one per day or as often as possible.



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