

Surviving a Perfect Storm

Reflect (record in pencil if possible) and prepare for the perfect storm

Date / Time

Who can you call and “rant” to? Who do you trust to listen to you rant? Inform them you may call them to rant on a bad day, but they need to promise to stop you after 5 minutes.

List quick and mindless tasks you can act on when the storm hits, exercise, dishes, paperwork, washing the car et. (some for the home, and some for the office).

4. What action(s) will you take from what you observed in this exercise?