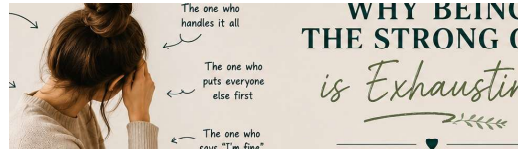




THE "PUT IT DOWN" RESET

THE 10-MINUTE STRONG-ONE RESET

A quiet pause for the person who is used to carrying a lot.



For the next ten minutes, you do not have to be the one holding everything together.
Notice what you are carrying - and give yourself permission to put some of it down.

1 WHAT AM I CARRYING RIGHT NOW?

2 WHAT ISN'T MINE TO CARRY?

3 WHAT CAN WAIT?

4 WHAT CAN I ASK SOMEONE ELSE TO HELP ME WITH?

ONE THING I AM WILLING TO PUT DOWN TODAY:

BEING STRONG DOESN'T MEAN CARRYING EVERYTHING ALONE.