



## *practice*

### BATTERY CHECK

CIRCLE OR NOTE WHERE YOU ARE TODAY:

- ENERGY LEVEL (0-100%): \_\_\_\_\_
- FOCUS LEVEL (LOW / MEDIUM / HIGH)
- PRESSURE LEVEL (LOW / MEDIUM / HIGH)
- OTHER NOTES:

### TODAY'S ESSENTIALS

LIST ONLY WHAT MUST BE DONE TODAY:

- 1.
- 2.
- 3.

(EVERYTHING ELSE IS OPTIONAL.)

### GRACE VS. PERFECTION

CHECK THE STATEMENTS THAT RESONATE:

- I EXPECT MYSELF TO BE "ON" ALL THE TIME
- I DELAY WORK BECAUSE IT DOESN'T FEEL LIKE MY BEST
- I CONFUSE REST WITH FAILURE
- I NEED PERMISSION TO DO THINGS IMPERFECTLY

ONE BELIEF I'M WILLING TO CHALLENGE TODAY:

ASK YOURSELF:

- WHAT DOES "GOOD ENOUGH" LOOK LIKE TODAY?
- WHAT IS ESSENTIAL — AND WHAT CAN WAIT?
- WHAT DOES SHOWING UP LOOK LIKE IF PERFECTION IS OFF THE TABLE?

## *action*

HOW WILL I SHOW UP TODAY — EVEN IF IMPERFECTLY?