



Do Your *Pause* Check-in?

Did you ask how you were feeling emotionally and physically today?

YES

NO

Do you know your top 3 priorities for the day and if they are manageable?

YES

NO

Have you taken time for yourself for this week? Even if just for a few minutes.

YES

NO

Did you ask yourself what support you need? And actually ask for it?

YES

NO

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life and business visit
www.aziaranea.com