



Overcoming the Overwhelm

Day 2

Embrace Your Limits

1. _____ keeps you running in the _____ direction.
2. You need to _____ your _____ as soon as possible.
3. Assess the _____ you are putting on _____.
4. Assess the _____ others are putting on _____.
5. Who are you _____ to _____?
6. _____ plan is not for you to _____ yourself _____.
7. _____ plan is for you to have _____ and _____.