



Hello, my friend! I am so excited to help you become a better version of yourself. This little diagram has helped me learn to recognize when life is taking control, instead of me controlling life and has helped me to make epic shifts to take care of myself! I hope that this will also help you so that you can continue to live your dream and fulfill your passion without burning out.

TERI HOFFORD



You are start a period of action:

-excitement -joy -I work hard -I have a lot of energy -I have a lot of ideas -I feel successful -I feel confident -I say yes to other things because I feel good

You stay in a period of action for a long time:

-want tos turn into have tos -overwhelmed -chaotic -tired -working hard but feeling it -start to forget things -short with clients/family -not excited to work, but pushes on anway



You are in a period of no action:

-nervousness about stopping momentum -lots of naps -clarity -reading and inputting information -I have a lot of ideas -I feel grounded -I feel recentered -I spend time with family and friends -start to have fun again

You are in a period of no action for a long time:

-gets anxious and needs to move -lots of ideas with no movement make me frustrated -complacent -lethargic -depressed -feel lazy -frustrated and short with family and friends

Write down how you feel and what happens when:

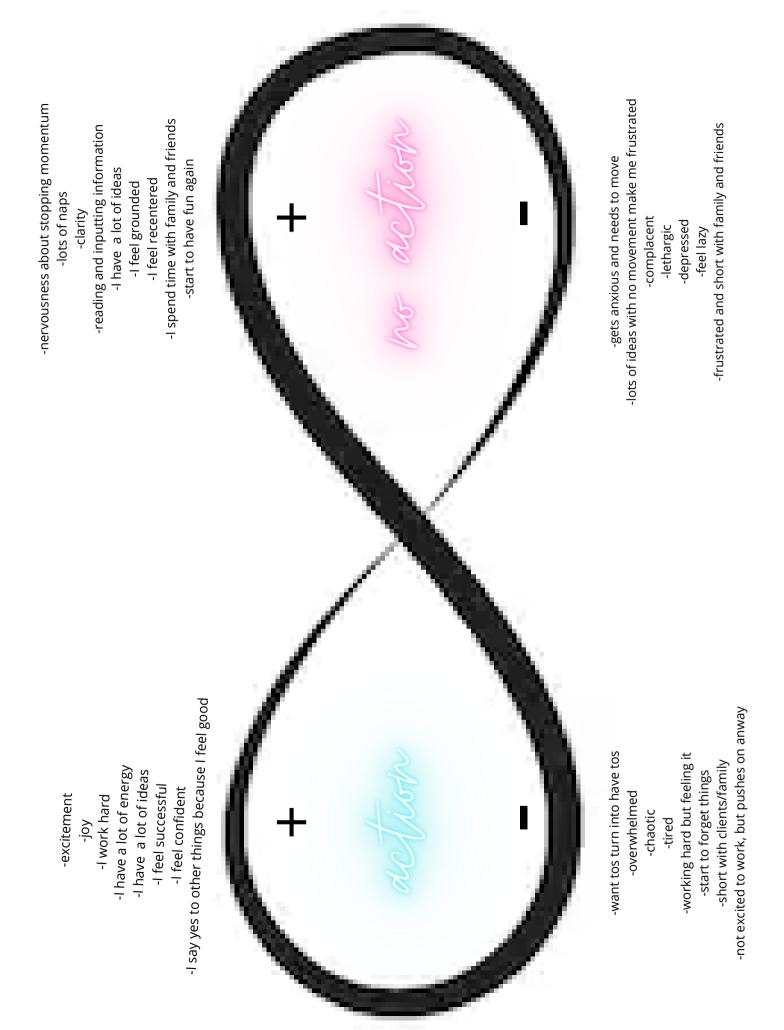
You are start a period of action:

You stay in a period of action for a long time:

Write down how you feel and what happens when:

You are in a period of no action:

You are in a period of no action for a long time:





When I start to recognize these "symptoms" here are a few things that I can do:

moving from action -> no action

remove all social media apps from my phone
 -go off the grid
 -hang out in nature
 -nap a lot
 -meditate
 -move joyfully
spend time with family and friends (that support me)
 -embrace my hobbies

moving from no action -> action

-consult with someone who will hold me accountable
-remove all distractions (internet, tv, boundaries, etc.)
-when I get overwhelmed of how big a project is, I will focus on the first step ONLY
-set a deadline



When I start to recognize these "symptoms" here are a few things that I can do:

moving from action -> no action

moving from no action -> action



Don't forget:

You weren't put on this earth to work, you were put on this earth to live! In order to live a sustainable life and run a sustainable business YOU have to come first!