Big Journeys
begin with the small steps

Do you find any of this to be true?

- Are you frustrated and overwhelmed? No matter how hard you work you feel like you just can't get ahead? (And you would love one day where you felt like you had it under control.)
- The stress is wearing you down, so you have nothing left for your family or even your own personal care? (You want to have time for your family and start taking care of yourself again.)
- You're so exhausted that it's hard to get to sleep, or stay asleep and often wake up tired? (How wonderful it would be if you could sleep through the night and wake up refreshed?)

You are **NOT** alone.

But the fact that other people are dealing with the same issues doesn't help you feel better. When you are overwhelmed, exhausted, or stressed you can easily stop caring for your own personal needs. I think we all realize that if we don't take care of ourselves, we aren't equipped to care for others, and it also affects our job performance.

I wanted to give you something that only takes a few moments to complete so you can determine what areas of your life need more attention. Just by taking a small step towards making yourself a priority you can stop the downward spiral of stress and start thinking about new possibilities.

Click https://tinyurl.com/r32bm348 to get the Self-Care Quiz to help change your habits and release your stress.

I want you to know that it is possible for you to make small changes that can impact your life in big ways!!

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