Name: 's progress towards unlocking your work-life potential. Strategies starting date

maximum IMPACT PROFESSIONALS

...on track with work-life effectiveness

Nutrition	5 Veges & 2 fruit daily, less fat from meat & dairy, less processed, supplements
Exercise	Double heart rate for > 30 minutes 3-4 time weekly, walk, enjoy, consistent
Water	8-10 glasses -2 litres / day – wee stays clear; < caffeine, < protein
Sleep/ Recreation	early, 8 hrs, pattern, chill out, fun, out-doors
Temperance	moderation & balance in all things good and cease bad stuff
Attitudes	your call! Accept what won't change, solution focussed, win-win, life's short!
Relationships	know & value them, rationalise, release/deal with 'bad spirits', the divine
Trust	test assumptions, D&M friends & family, society/ strangers, God?