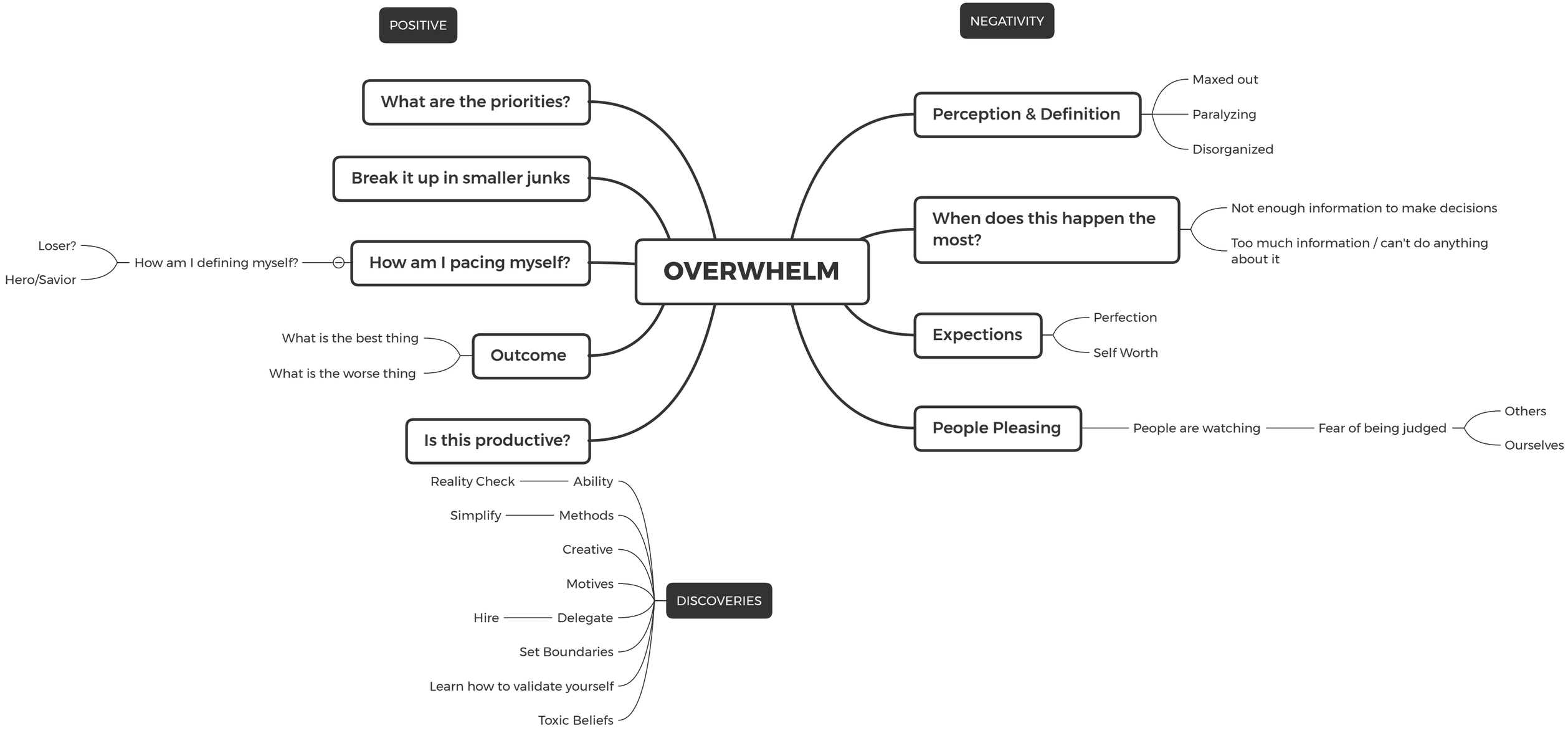
POSITIVE
NEGATIVITY
OVERWHELM
What are the priorities?
Break it up in smaller junks
How am I pacing myself?
How am I defining myself?
Loser?
Hero/Savior
Outcome
What is the best thing
What is the worse thing
Is this productive?
Perception & Definition
Maxed out
Paralyzing
Disorganized
When does this happen the most?
Not enough information to make decisions
Too much information / can't do anything about it
Expections
Perfection
Self Worth
People Pleasing
People are watching
Fear of being judged
Others
Ourselves
DISCOVERIES
Reality Check
Ability
Simplify
Methods
Creative
Motives
Hire
Delegate
Set Boundaries
Learn how to validate yourself
Toxic Beliefs