

Check Yourself

Re-focus

- ☐ Clean Your Space: A clear space is a clear mind.
- ☐ Organize: Get a planner, use sticky notes, find a system that works for you
- ☐ Get Rid of Distractions
- ☐ Create A Personal Vision Board
- ☐ Write Out Your Goals (on paper): Put them in a visible place, look at them daily.
- ☐ Find An Accountability Partner