



Act Like a Ninja

:: Ninjas Are Focused ::

Do a brain dump!

1. On a piece of paper or a Word document, write down EVERYTHING you're thinking about, no matter how big or small. Grocery list, world hunger, book club, dinner plans, everything. Spend 5-10 minutes doing this.
2. Now go through and cross off EVERYTHING you cannot control. Weather, other people, time, etc.
3. Next, go through and cross off everything that's "meh." If it doesn't light you up, cross it off. It doesn't mean it won't get done, it just isn't a priority. Go through twice if you have to.
4. Now go through and arrange what's left into "this week" items, then 1 month, 3 months, and 6 months.
5. Take everything for this week and put it IN YOUR CALENDAR.

Now take a deep breath and admire your handiwork. Nice job, you!

HEALTHY NINJA SKILLZ

:: Ninjas Ask For What They Need ::

List three areas where you feel frustration, judgment, anger or blame.

1. _____
2. _____
3. _____

What needs to change for you?

How can you ask for help in these areas?

If you're feeling stuck or simply want to go deeper, check out [The Work by Byron Katie](#).

:: Ninjas Don't Go It Alone ::

List three areas where you feel overwhelmed or alone.

1. _____
2. _____
3. _____

Where can you find support around them? A friend? A group? Your spouse or other family members?

**YES.
I want my
summer
to be
awesome!**

If you want more support to make the changes you want to see in your life, I'd love to help.

[Click here for details.](#)