

Stopping Before You Crash

A way to find your stopping point before your body finds it for you.

WHEN TO USE THIS

Use this on a day you have things to do and some energy to spend.

How much do you have to spend today?

0

1

2

3

4

5

6

7

8

9

10

Nothing left

A full tank

What has to get done today? Only what truly has to.

1. _____
2. _____
3. _____

What is the first sign that you have gone too far?

The thing your body does right before the crash.

Where will you stop today, even if you still feel fine?

Stopping early is not quitting. It is how you get tomorrow back.