

## Leverage Stress for Success

### Action Steps

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1. Think back to one of the most recent crises or stressful situations you have been faced with. What was your first reaction? What could you have done or said differently, to stay calm, move forward and take control?

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2. How can you simplify your personal and professional life today? Take a hard look at what you spend your energy on, with the 80/20 principle in mind. Do you spend 80% of your resources (time, thoughts, etc.) on the most important issues? Brainstorm ways to simplify:

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3. Are you thinking like a professional athlete, when it comes to handling stress? Which part of the trifecta (diet/sleep/exercise) do you need to work on, in order to maintain clarity and improve your ability to handle stress?

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