PASSIONS SUCCESS AND GOAL SETTING IDE/

Lawyers



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SLIPPERY SLOPE

John Li, Esq.



Lawyers are more prone to certain mental disorders due to high stress and constant conflict. The adversarial nature of a lawyer's day-to-day can seep into our relationships and cripple our self esteem, leading to a number of misbehaviors that violate the Rules of Professional Conduct. Various forms of addiction can take over our lives and destroy everything we work for, sometimes with permanent consequences.

Overview of Cincinnati Bar Assn v. Lawson, 119 Ohio St.3d 58, 2008-Ohio-3340

- Substance Abuse
- 15 clients-ranging from poor representation to not returning fees
- Drug dependency as mitigating factor
- Overwhelming support from community including 2 federal judges
- 2008-indefinite suspension with possibility of reinstatement
- 2009-new charge revealing additional crim activity
- 2011-permanent disbarrment / conspiracy against doctor for prescription drugs

SELF-REGULATION

1.Define: Self-regulation is defined as being aware of your behavior and the ability to control your thoughts, emotions, actions and reactions to situations, stimuli and triggers. And to respond effectively and appropriately in a healthy way that is good for your personal optimum well-being and happiness.

2.Self-regulation v. self-control: Self-control is controlling impulses and self-regulation is steering behavior to live a productive and successful life. Acting in life with values such as empathy, honesty, patience.

What do you want to be able to do if you are self-regulating in a healthy way?

And where does Self-Care come in? (Written by Arlin Cuncic, MA and reviewed by Rachel Goldman, Phd, FTOS)

- Calm yourself when upset
- Maintain open communication
- Remain flexible with people and situations
- Cognitive Dissonance: acting in accordance with your values (integrity)
- Take control and be able to voice opinions when vital to well-being
- View challenges as opportunities
- Persist through difficult times
- See the good in others and in every situation
- Remain vigilant in intentions
- Being able to focus and give 100% effort

Developing Skills / Practices to develop new ways of thinking, feeling and

behaving that line up with your values.

(Reviewed by Stephanie Steinman, Phd, CSAC supplied by therapist.com)

- Mindfulness and Deep Breathing
- Staying present and clearing the mind of judgmental opinions
- Practicing gratitude
- Deep breathing: instilling calmness and relaxation to face the situation
- Cognitive reframing/reappraisal: Evaluating all angles and perspectives within the situation
- Stress Management: Constant or incredible amounts of stress can interfere with concentration and proper mindset. Being aware that you need to make sure that you are understanding when you are going through a stressful time or situation to understand patterns of negative outcomes that you might be creating with your responses. Whole person well-being and self-care can help with self-regulation when faced with immense stress.



SELF-REGULATION



Different self-regulation strategies

(IRIS Center)

- Self-monitoring: Be aware of signs and try to move towards deeply held beliefs instead of letting the emotion control your response.
 - Physical signs (elevated heart rate leads to rage)
 - Emotions
- Effective Self-Talk: Accepting your strengths and weaknesses but allowing yourself to stay focused and motivated to live a happy life in spite thereof
 - Examples: accepting compliments, allowing others to give you feedback (absorbing but not dwelling), changing negative (I will never get through) to neutral or positive statements
 - Catch, Check, Change
- Self-reinforcement:
 - Creating healthy routines and reinforcing their importance
 - substance abuse, "dieting" issues
- Self-Care and Goal Setting

SELF-CARE

Self-care is the practice of taking action to preserve or improve health. Surround yourself with what you need and the people that can help you achieve it.



Seven Areas of Self-Care:

1) *Professional*-Activities that support feeling balanced and fulfilled in your career & livelihood. Putting your talents to use in the best way possible.

2) *Physical*-Doing activities that involvement maintaining your physical health, ie. foods you eat, exercise, water intake.

3) *Mental*-Activities that challenge you intellectually. Doing something new.

4) Emotional-Identifying emotions and thinking about how you should react and learning coping mechanisms.

5) Spiritual Purpose-Finding the reasoning behind who you are that is bigger than yourself. What should you be doing with your time that brings you joy? What is/will be your contribution to the world?

6) Social & Community-Doing things that deepen and nourish the relationships with the people in your life. This includes community members and organizations that you live with, go to school with, interact with after school, etc.

7) *Practical*-Putting things in place that decrease the amount of clutter you have. This includes taking the time to organize your space internally and externally.

GOAL SETTING NEW LAWYER METHOD



Goal setting is the process you use to set goals for yourself to receive what you want and what you deeply need for a happy existence.

8 Parts of Goal Setting:

- Reflect
- Analyze
- Expand
- Manifest
- Plan
- Execute
- Pivot/Reward
- Glow



REFLECT

Reflect on your life, your relationships, your behavior. Did you have good intentions to do something but it

never was completed? What has inspired you? Who has inspired you and why? What areas of law have you been able to see in action, practiced, taken a practicum?

ANALYZE

03

Examine your thoughts. What has been working for

you and what hasn't during your daily practice? What are you good at? What parts of the practice do you enjoy? Have you taken the opportunity to ask questions, gain a mentor, experience other areas of law?

Here are some things to help you analyze:

- 1) Be honest with yourself.
- 2) Own your part of the action.
- 3) Forgive yourself.
- 4) Your past does not have to continue into the present.

Finding Your PASSIONS

Define Passion:

- Doing something that brings you fulfillment, strong feelings of excitement and aligns with your moral compass.
- Happiness=passion+profitability+time
- Example:
 - Practice Area: Intellectual Property
 - Industry: Entertainment Industry
 - Type of Employer: Law Firm
 - Type of Client: Music Publisher
 - Type of Legal Issue: Copyright, Licensing of Music

How do you weigh your livelihood options?

- Keep a Spreadsheet as you gain knowledge
- Factors to consider:
 - Solo/Big Firm
 - Pay and Time and Location restraints
 - Pay, Available Jobs
 - Think long term happiness
 - Stress, Boundaries, Flexibility
 - Administrative Law/Transactional Work/ Litigation
 - Type of Client (socio-economic, gender, children)



Finding Your CHAMPION

The Difference between a Mentor and a Champion:

- A person who you have a close relationship with who actively supports and favors your cause and openly promotes and assists with opportunities.
- Importance:
 - Supports growth, goal setting, expectations of practice
 - Source of knowledge, encouragement, accountability and critique
 - Helps with building connections and receiving recognition
 - Leadership skills, increased qualifications
- How do you find multiple?
 - Start with School (professors, upper classmen and alumni)
 - Associations, Bars, Groups
 - Within the area you are practicing
- How do you approach them?
 - "The Organic Ask"
- Where do you start?
 - Start asking THEM questions about THEIR life and decisions, about the every day practice and be honest and vulnerable.
 - Resist being demanding with huge requests at first.





What next?

- Evaluate: Are they inviting you to events? Allowing you to attend a hearing? Answering your questions? Introducing you to other lawyers?
- Appreciate: Be grateful. Find personal, thoughtful ways to show your appreciation.





EXPAND

Evaluate who you want to show up as every day, effort you want to put forth into the things you do.

What values do you have and why? Are your outcomes aligning with the choices you are making? If you could change one thing about the way you act or the choices you make, what would it be? If you could choose to do anything that would make you happy, what would it be?

MANIFEST



Use your 5 senses to imagine the end result and your environment after you meet your goal. Where are you?

What does the space smell like? What does it taste like? What do you hear? What are you feeling? How are you feeling, happy?

Believe that you can accomplish anything you put your mind to. And believe that the process will help you do it.

Try to be as creative as you can be with your vision.

PLANNING

Planning your goal looks like thinking about the following:

- 1) What end result do you want and why?
- 2) What self-care category is your goal?
- 3) What thing can you do on a daily basis / every day to get you closer to that goal?
- 4) How long will is take roughly to meet your goal?
- 5) Who will be involved in your goal planning?

EXECUTE

There are many tools you can use to execute your plan

to reach your goal:

- 1) Create a vision board,
- 2) Use a daily planner,
- 3) Think positive thoughts and encouragement,
- 4) Create a list if needed,
- 5) Round up your supporters,
- 6) Create accountability.





REWARD

What will you give yourself or how will you celebrate accomplishing your goal?

GLOW



Goal setting is hard. Changing bad habits is hard. Achieving good results is challenging at times.

Regardless if you are successful on your first try or not, you should be proud of your efforts. When we work on ourselves and put what is important to us above making poor choices, we should feel a great deal of love for ourselves.

Never give up!

Always work towards a better version of you.



Workbook JOURNAL

The work you do to prepare for completing your goal is just as important as starting the goal itself. Please take an adequate amount of time for each step of the goal setting process and take as much time as you need each day to really think about it and plan.



Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	ULTIMATE GOALS	
	Physical	Professional
REFLECT	Spiritual Purpose	Mental
DATE TODAY	Social & Community	S Practical & Financial
	Emotional	
• Name a wonderful memory within the practic	ce?	
 How do you feel about the choices you have year, 5 years, 10 years? 	made in the 6 mont	ths, last
 Is there a time that you wish you would have gone a different path? Do you think that it h alternatively made you feel stuck or hindere 	as allowed you to s	
• What is one thing you are proud of?		
Who has helped you get to where you are to	day?	

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



DATE TODAY_____





EXTRA JOURNAL SPACE

Reflect, **Analyze**, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

AREAS OF SELF CARE

	ULTIMATE	GOALS
ANALYZE	Physical Spiritual Purpose	Professional
	Social & Community Emotional	Practical & Financial
• What is working for you?	•	
• What are you passionate about?		
• What are you good at?		
• What makes you happy and feel fulfilled?		

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



DATE TODAY_____





EXTRA JOURNAL SPACE

Reflect, Analyze, **Expand**, Manifest, Plan, Execute, Pivot/Reward, GLOW



• What could be possible for you? Complete a brain dump. What are all of the things that you are thinking right now are important to you? Start prioritizing your wants and needs by most pertinent to you now and long term.

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Reflect, Analyze, **Expand**, Manifest, Plan, Execute, Pivot/Reward, GLOW



DATE TODAY_____





EXTRA JOURNAL SPACE

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

AREAS OF SELF CARE

	GOALS
Physical	Professional
Spiritual Purpose	Mental
Social & Community	Practical & Financial
Emotional	
. Be as creative as	
	Spiritual Purpose Social & Community Emotional

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



DATE TODAY_____





EXTRA JOURNAL SPACE

Reflect, Analyze, Expand, Manifest, **Plan**, Execute, Pivot/Reward, GLOW

	areas of self care ULTIMATE GOALS	
PLAN	Physical Profession Spiritual Purpose Mental	nal
DATE TODAY	Social & Practical Community Emotional	&
• What area of self care is your most importar		
• What are the details of your goal?		_
• Where are you starting and where do you ne	ed to end up?	_
• Why have you chosen this goal?		_
		_

PLAN continued on next page

Reflect, Analyze, Expand, Manifest, **Plan**, Execute, Pivot/Reward, GLOW

	areas of self care ULTIMATE GOALS	
	Physical	Frofessional
PLAN	Spiritual Purpose	Mental
DATE TODAY	Social & Community	Practical & Financial
	Emotional	-
PLAN continued		
• When will this goal be completed?		
• Who will need to be involved to complete it?		
• How will you compete the goal and what risk	s will you need to	take?
• What can you do in the first 7 days to create	e positive progress	?

Reflect, Analyze, Expand, Manifest, **Plan**, Execute, Pivot/Reward, GLOW



DATE TODAY_____





EXTRA JOURNAL SPACE

Reflect, Analyze, Expand, Manifest, Plan, **Execute**, Pivot/Reward, GLOW

	areas of self care ULTIMATE GOALS	
EXECUTE	Physical	Professional
DATE TODAY	Spiritual Purpose Social & Community Emotional	Mental Practical & Financial
• How will you be executing your goal?	`	
 What organized aids will you be using? Visio Tracker, Daily List, Reciting Affirmations, vir 		nner and
• What Support do you need? STAFF, Co-Coun	nsel, Mentor.	
• What is your Accountability Strategy?		

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

EXECUTE

DATE TODAY_____





EXTRA JOURNAL SPACE

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 -
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Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



• How will you reward yourself for making an effort for the first 7 days, first month, first successful case, first successfully trained staff member?

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

PIVOT/REWARD

DATE TODAY_____

AREAS OF SELF CARE



EXTRA JOURNAL SPACE

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, **GLOW**

	areas of si ULTIMATE	
GLOW	Physical Spiritual Purpose	 Professional Mental Practical &
DATE TODAY	Community Emotional	Financial
• How do you think you will feel once you comple	ete your goal?	
 How do you think this goal will change you? 		
 How will it change your life? 		
• How will it change the lives of those around	you?	

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW





Keeping track of your progress is very important. Use one Daily Planner sheet each day and track your activities. You are not being judged by the answers or interests or goals you want to work on as this will be your chance to create the life that you want. This is your unique path and the stones you use to pave it this year are important.







DAILY PLAN

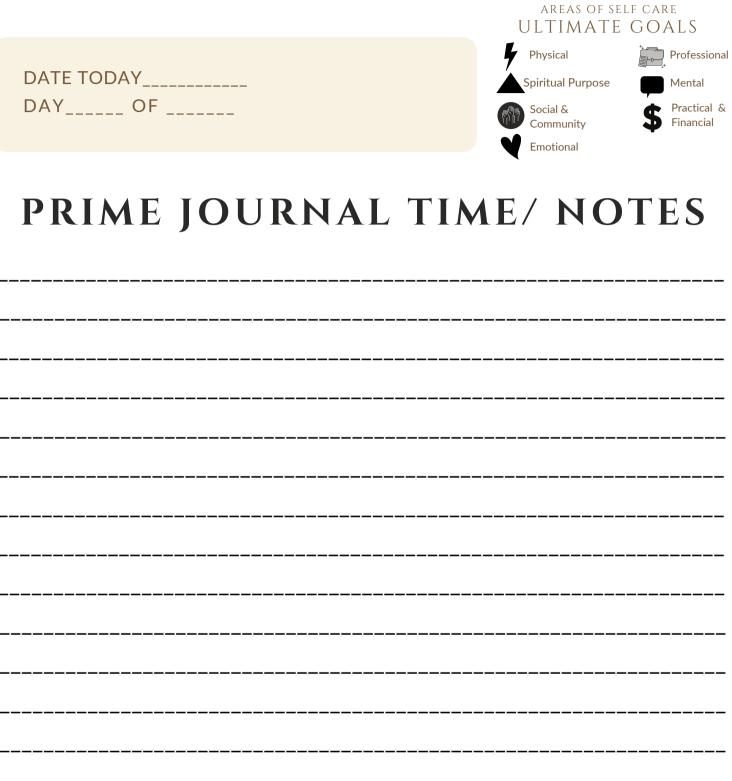
Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED.
TODAY'S ACTION GOALS KEEPING IT MOVING!	Mid Morning
	After Noon
•	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Community Emotional	Before Bed

"We all want to be helpful to each other. Find your helpers and be one yourself."

DAILY PLAN

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



"Once you find happiness within yourself, you will find it everywhere."

DAILY PLAN

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED First Thing in the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	Mid Morning
	After Noon
•	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Community Emotional	Before Bed

"The weight of your decisions determines the trajectory of your life. Choose wisely."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



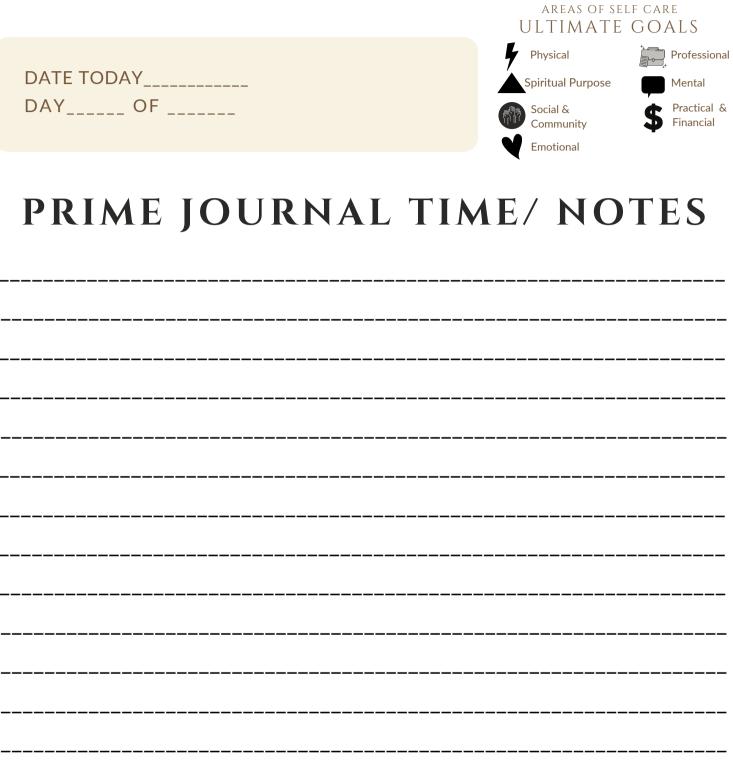
"Age is just a number. Don't let your age define you."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED.
	the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	Mid Morning
	After Noon
	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Community Emotional	Before Bed

"Becoming strong doesn't start in the gym-it starts in your mind."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



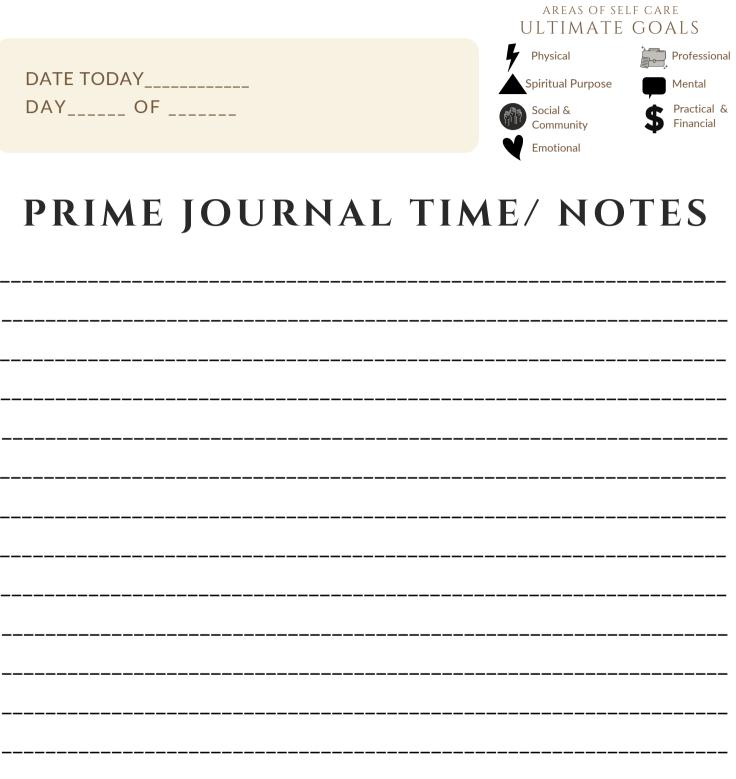
"Start messy and do it scared. You can define as you go."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED
	First Thing in the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	
	Mid Morning
•	After Noon
	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Practical &	Before Bed
Community Financial Emotional	

"Life is not a dress rehearsal so dream, execute the plan, and try new things."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



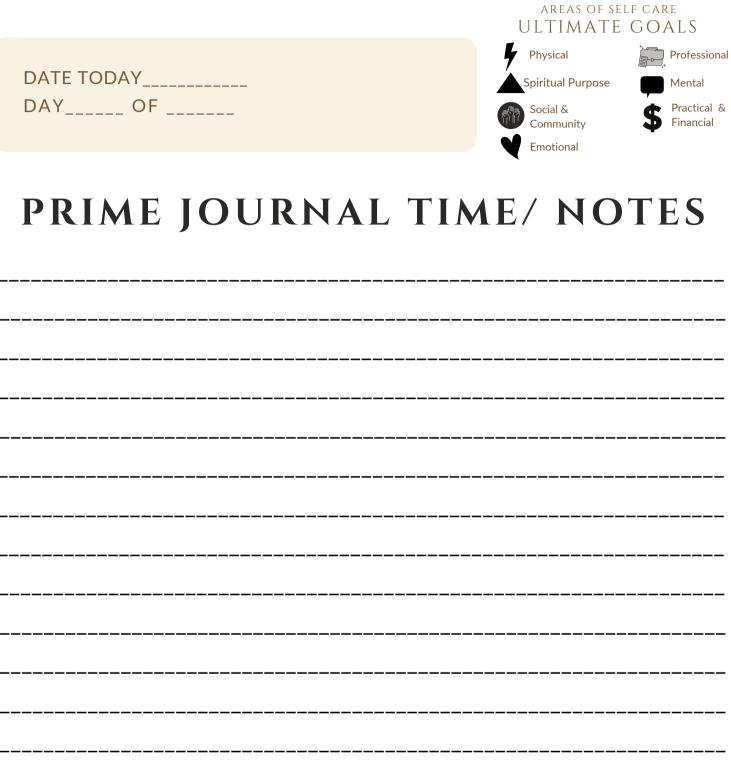
"Find the melody in your heart and play it loudly and unapologetically."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED. First Thing in the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	Mid Morning After Noon
	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Community Emotional	Before Bed

"Everyone runs a different race; it is crossing the finish line that matters."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



"Write out your ideal vision of your 'dreamlife'"

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED.
	First Thing in the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	
	Mid Morning
	After Noon
	Evening
AREAS OF SELF CARE	
ULTIMATE GOALS	
Physical Professional Spiritual Purpose Mental	Before Bed
Social & Practical & Financial	
Emotional	

"Make a plan and fail quickly and often. then get back up, learn from it and do it again."

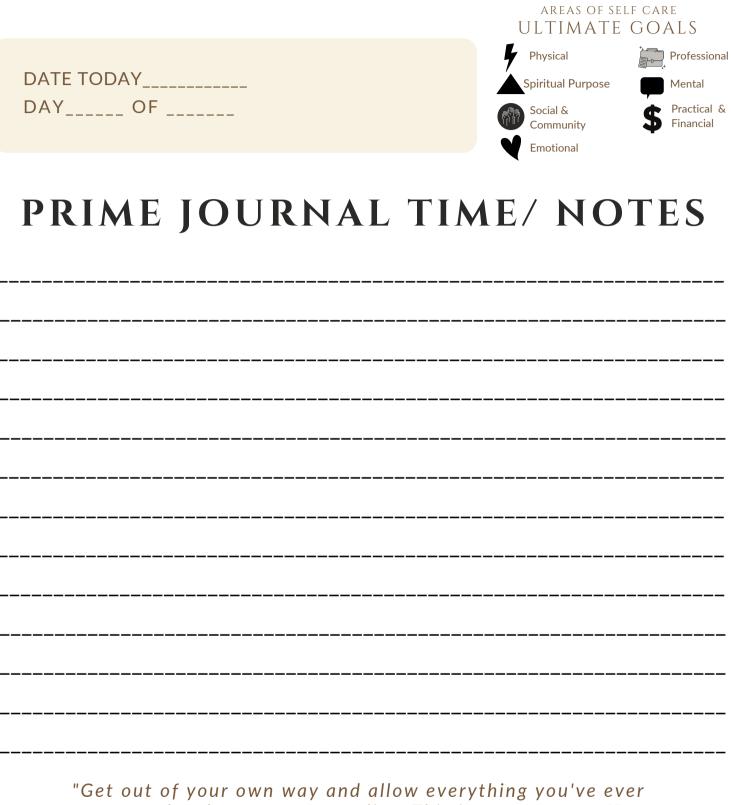
	areas of self care ULTIMATE GOALS
DATE TODAY DAY OF	Physical Professional Professional Professional Professional Professional
PRIME JOURNAL T	
	hat's something that
you would regret if you di	-

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

	DATE TODAY
YESTERDAY'S ACCOMPLISHMENTS	DAY OF
YESTERDAY'S INACTION	TODAY'S SCHEDULE. SUCCESS IS PLANNED. First Thing in the Morning
TODAY'S ACTION GOALS KEEPING IT MOVING!	Mid Morning
	After Noon
	Evening
AREAS OF SELF CARE ULTIMATE GOALS Physical Spiritual Purpose Social & Community Emotional	Before Bed

"What work and actions make your heart and talents feel utilized properly..."

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW



wanted to become your reality. This is your moment!"



Joal PROGRESS

NEW LAWYER METHOD Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

YOUR ASSIGNMENT:

1) Answer the questions below the best way you can. And write them down within the space given.

2) Keep track as you make changes and new challenges and opportunities enter your life.

3) Be patient with your future self. There is a difference between failing forward and feeling sorry for yourself which means do not be afraid to ask a "stupid" question or not be good at something right away. Law is a practice and feeling like you have no clue what is going on or where to begin when you first start is absolutely normal.

Here are the questions...



(Continue to next page)

NEW LAWYER METHOD

GOAL	areas of self care ULTIMATE GOALS						
PROGRESS - Page 1	Physical	Professional					
I ROORLSS Tage I	Spiritual Purpose	Mental					
DATE TODAY	Social & Community	Practical & Financial					
	Emotional						
• What was your goal? What area of self care did you	u focus?						
• Did you make mini goals to achieve it? What wer	e they?						
 Did you have to pivot along the way? How did yo change your track? 	ou get back on	track or					
How did you reward yourself along the way?							

NEW LAWYER METHOD

GOAL	AREAS OF SELF CARE ULTIMATE GOALS						
PROGRESS - Page 2	Physical	Professiona					
_	Spiritual Purpose	Mental					
DATE TODAY	Social & Community	Practical & Financial					
	Emotional	Ŧ					
HOW WILL YOU CELEBRATE NOW?							
What Support did you need and did you receive	it?						
 Did you use an accountability tool? 							
• HOW DO YOU FEEL? What did you learn about	yourself?						

NEW LAWYER METHOD

GOAL	ULTIMATE GOALS						
PROGRESS - Page 3	Physical	Professional					
	Spiritual Purpose	Mental					
DATE TODAY	Social & Community	Practical & Financial					
	Emotional						
 What is your next step? 							
 Did you NOT meet your goal and if so, why do 	o you think that is?)					
bha you nor meet your gour and it so, why at	o you think that is.						
What inspiration or motivation do you want to	o give yourself or o	others?					



Forbidden Habit

TRACKER

NEW LAWYER METHOD Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

YOUR ASSIGNMENT:

1) Think about the habits, the decision you have a tendency to make that are negatively effecting your quality of life.

2) Keep track as you make changes and attempt to take them out of your daily routine. The mental anguish may be pretty strong at the beginning and hopefully will get better as you learn to live without using it/doing it.

3) Use a Habit Tracker. Example: Habit Bull

4) Talk about it. Embrace your new changes and be proud of your efforts, never ashamed.

Here are the questions...



(Continue to next page)

FORBIDDEN Habit tracker

DATE TODAY _____

TRACK THE NEGATIVE ACTION THAT HAS BEEN HOLDING YOU BACK FROM BECOMING A BETTER YOU SO THAT YOU MAKE SURE YOU ARE CHOOSING A DIFFERENT PATH!

NOT TODAY EVIL HABIT. SUCCESS IS PLANNED.

What is the Forbidden Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Professional															
Practical/Financial															
Physical															
Mental															
Emotional															
Spiritual															
Social/Community															

REFLECT, ANALYZE, EXPAND, MANIFEST, PLAN, EXECUTE, PIVOT/REWARD, GLOW EACH CHOICE YOU MAKE CREATES A NEW PATH, NEW POSSIBILITY...

•	Why do I want to Change?
•	What are my Triggers?
•	How can I Change my Environment to help me stay on track?
•	How can I Improve my Support?
•	Is there Someone I can call if I need to Talk?
•	What will I Gain by NOT having this in my life?
•	After 45 days how will I Celebrate my Accomplishment?

FORBIDDEN Habit tracker

DATE TODAY _____

TRACK THE NEGATIVE ACTION THAT HAS BEEN HOLDING YOU BACK FROM BECOMING A BETTER YOU SO THAT YOU MAKE SURE YOU ARE CHOOSING A DIFFERENT PATH!

NOT TODAY EVIL HABIT. SUCCESS IS PLANNED.

What is the Forbidden Habit	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Professional															
Practical/Financial															
Physical															
Mental															
Emotional															
Spiritual															
Social/Community															

REFLECT, ANALYZE, EXPAND, MANIFEST, PLAN, EXECUTE, PIVOT/REWARD, GLOW EACH CHOICE YOU MAKE CREATES A NEW PATH, NEW POSSIBILITY...

•	Why do I want to Change?
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FORBIDDEN Habit tracker

DATE TODAY _____

TRACK THE NEGATIVE ACTION THAT HAS BEEN HOLDING YOU BACK FROM BECOMING A BETTER YOU SO THAT YOU MAKE SURE YOU ARE CHOOSING A DIFFERENT PATH!

NOT TODAY EVIL HABIT. SUCCESS IS PLANNED.

What is the Forbidden Habit	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
Professional															
Practical/Financial															
Physical															
Mental															
Emotional															
Spiritual															
Social/Community															

REFLECT, ANALYZE, EXPAND, MANIFEST, PLAN, EXECUTE, PIVOT/REWARD, GLOW EACH CHOICE YOU MAKE CREATES A NEW PATH, NEW POSSIBILITY...

•	Why do I want to Change?
•	What are my Triggers?
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•	Is there Someone I can call if I need to Talk?
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