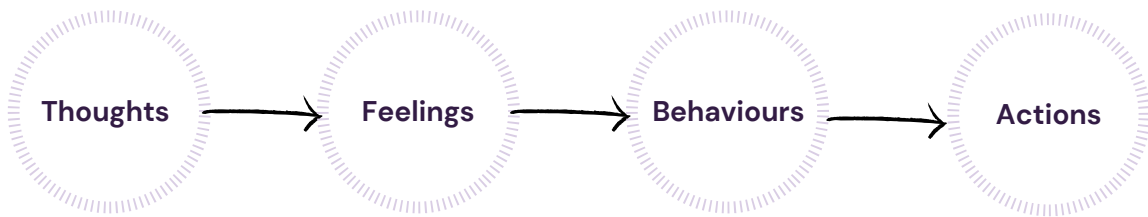


# PSYCH WELLBEING checklist

**REMEMBER:** \_\_\_\_\_

The degree to which imposter syndrome, stress & overwhelm is experienced by an individual is inescapably linked to their perception of themselves & their role.  
Let's make sure you KNOW how fabulous you are!



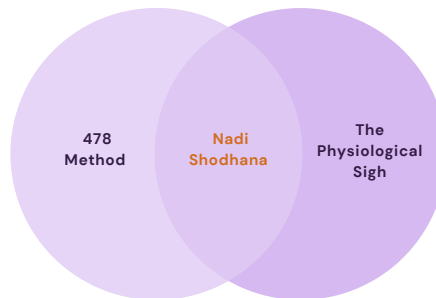
**STRESSED:** \_\_\_\_\_

No problem, here are 3 game changing ways to reduce stress and overwhelm and get back on track.

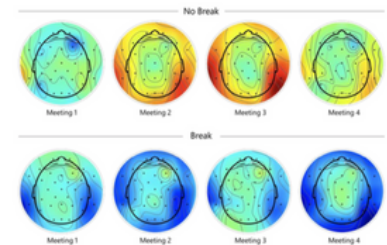
## DECISION MATRIX

- 1. Do Now:**  
High urgency, high importance
- 2. Schedule:**  
Low urgency, high importance
- 3. Delegate:**  
High urgency, low importance
- 4. Delete:**  
Low urgency, low importance

## BREATHWORK



## BREAKS



*"I've learned that people will forget what you said,  
people will forget what you did, but people will never  
forget how you made them feel."*



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