

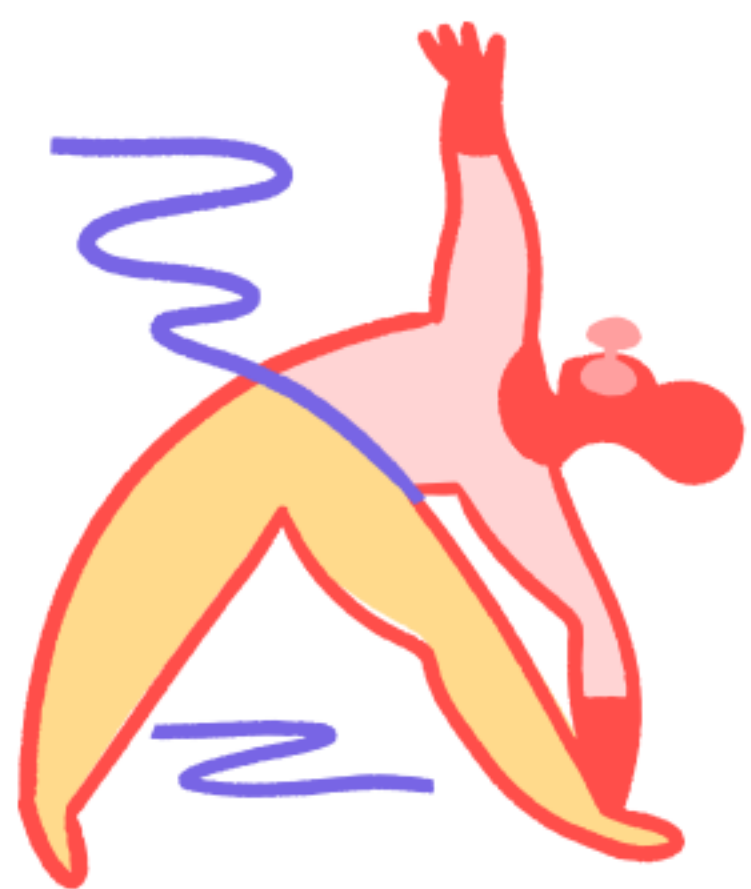
# working from home



DO YOU WORK FROM HOME BUT STRUGGLE TO REMAIN FOCUSED?



TRY THIS...



WORK  
WORK  
WORK

- SET A TIMER
- TAKE BREAKS
- BREATHE
- GO OUTSIDE
- EAT HEALTHY



THERE ARE PROS AND CONS OF WORKING FROM HOME...  
SO COLOR THE CHECK MARKS THROUGH THE DAY AS  
YOU WORK. IT MAY SMALL BUT IT'S A START!