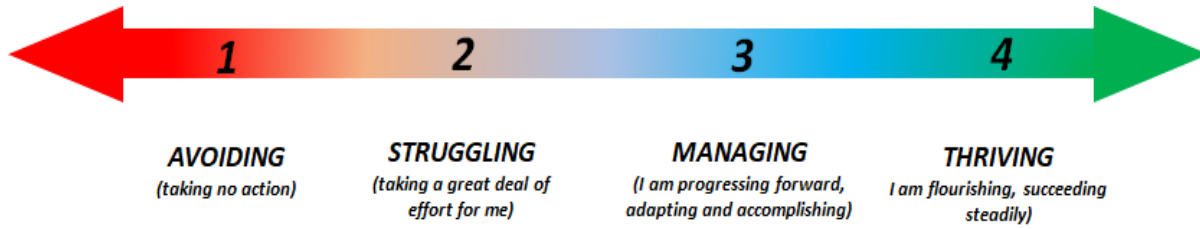


How well are you managing during this COVID-19 Pandemic?

Take this short assessment to give you greater clarity and understanding of areas in your work and personal life that are needing some attention and recognition of areas you are already thriving.

Rating Scale:



	Score with an "x"			
	1	2	3	4
I have daily / weekly goals to stay on track and maintain focus				
I connect with the people who are important to me				
I'm taking steps to care for myself (exercise, rest, eat healthy)				
My actions and behaviours are consistent with my personal values				
I am being real and transparent with others / peers / my team / family				
I am aware of the individual needs of those around me and supporting them				
I don't have to be perfect, I just need to do the next best thing				
I am prioritizing and spending my time on the most important things				
I am using tools that allow me and my team to shift our business to meet the new reality				
I have effective strategies to help me manage my stress in this time of uncertainty				
I have trusted advisors to help me thrive through difficult times				
I am taking action in the areas where I need to grow professionally and/or personally				
I approach difficult conversations with compassion				
I recognize my ability to overcome challenges				
I look for the silver lining, even in difficult times				
I am grateful for what I have				
I take the time to pause and reflect				

Given the results of this assessment

What 1 or 2 things have you identified as the most important for you to take action on?

Book your coaching session

Want to dig deeper? Book your complimentary up to 1 hour Coaching Session.

Carla Sharkey

<https://sharkeycoaching.ca/>

<https://calendly.com/sharkeycoaching/1hr>