



Assessing Your Reserves

Everybody is going to encounter stress – the key is that you need to be in a position to not let the stress send you over the edge. You’ve got a certain amount of reserve that allows you to deal with things as they come, and then at some point, you don’t have any reserve left.

Self Assessment—What is your reserve in each of these areas:



Where you feel you don’t have enough of a reserve, what are some things you could do to start to change that. Don’t try and solve the whole problem at once. Think of one thing you could do in the coming month that would start to increase your reserve.

For example:

Money—Put \$5 / week into a piggy bank. Yes— a physical piggy bank!

Time—Find one thing you are currently doing that you could stop doing.

Space—Spent 10 minutes cleaning out your desk drawer.

Relationships—reach out to 1 person you haven’t talked to in a while just to say hi.