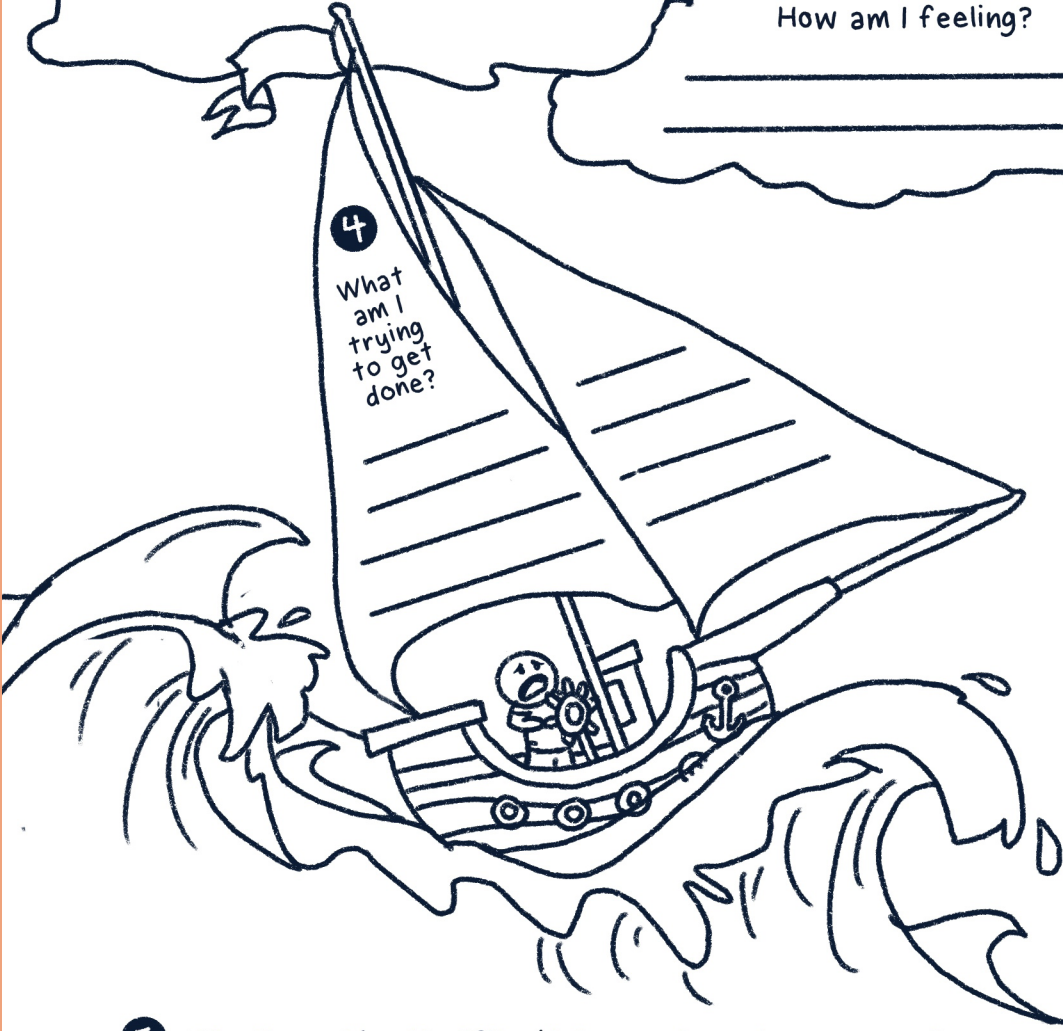


INSTRUCTIONS ON THE NEXT PAGE!

1
On a scale of 1-10, how stressed out am I?
○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

2
What's causing the shitstorm?

3
How am I feeling?



4 What am I trying to get done?

5 What's making it difficult for me to make progress?

HOW TO WORK DURING SHITSTORMS

Color me!

Moving forward when you're barely staying afloat

Shitstorms are chaotic times of intense stress and frustration. You may have too many things on your plate, personal issues that are making it hard to focus, or situational circumstances outside of your control.

You may feel like you can't get a handle on multiple aspects of your life, or that you just can't catch a break after a series of negative events or upsetting outcomes.

How it works:

1. Pick a task you've been struggling to work on
2. Starting with bubble #1, fill out the prompts
3. Bonus points for coloring!

