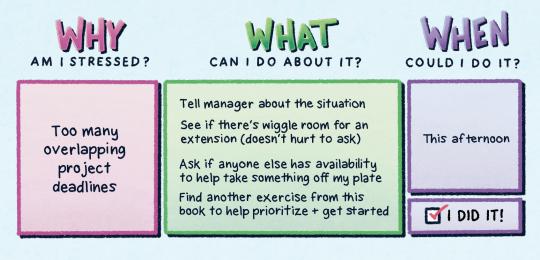
STRESS ACTION PLAN



You got this. Do you hear me? You GOT this.

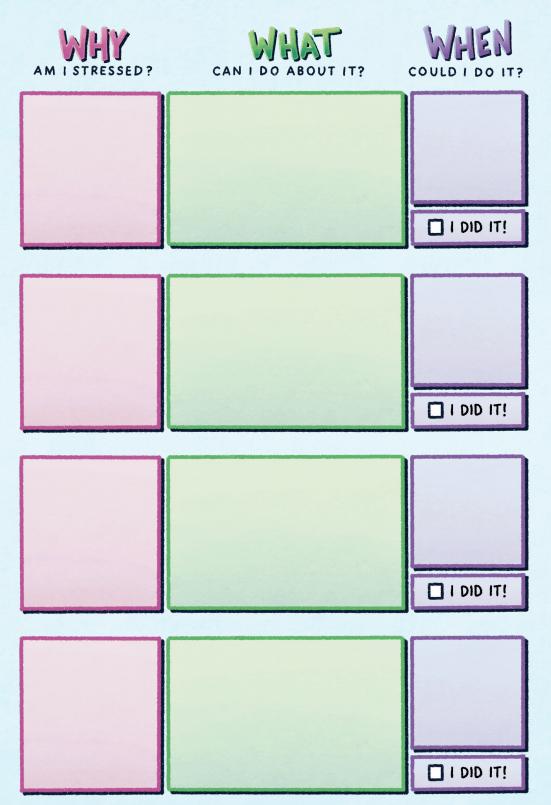
When shit hits the fan, it's difficult to think clearly and figure out how to move forward. Have no fear! It's time to pinpoint what steps you can take to make progress, and when. (Don't you dare throw your hands up and say "I can't do anything about it." Stop. I know you're stressed. But you can always do SOMETHING.)







© 2022 | DANI DONOVAN



© 2022 | DANI DONOVAN