



5

HARD WORK

I have a big project to complete.



4

CHECKLIST

I need to check email, talk on the phone, and finish cleaning up around the house.



3

FAMILY TIME

Dinner time, game night, or a walk around the neighborhood.



2

US TIME

One-on-one with someone else from our family, focusing on our conversation together.



1

ME TIME

A favorite hobby or activity, taking time to myself to recharge.



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FORGIVE

I messed up, and I need to apologize.