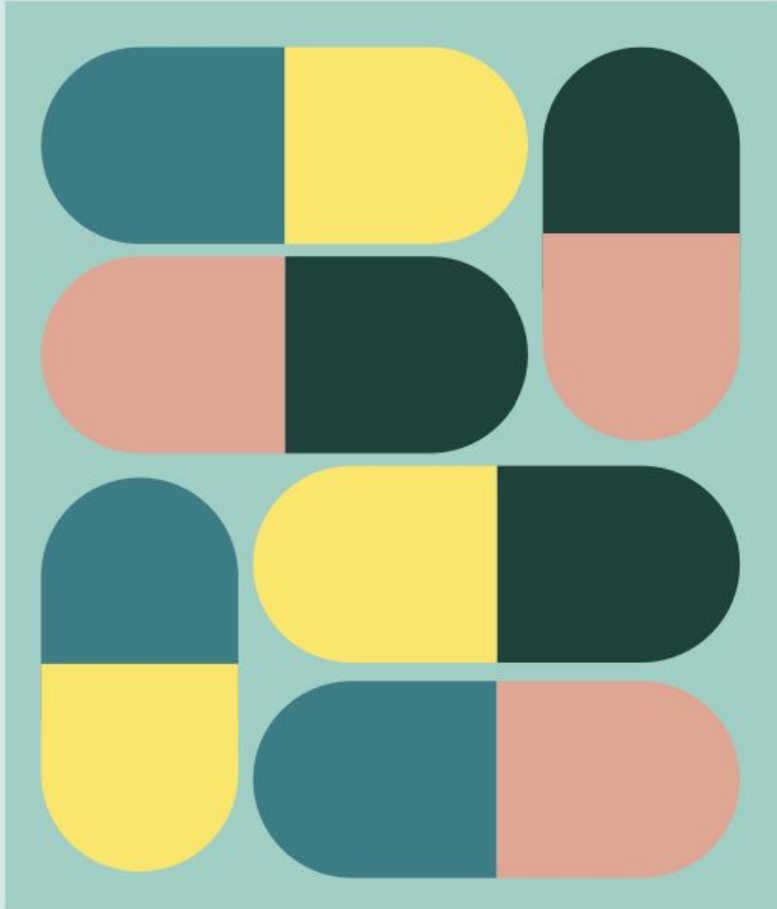


Sustainable Ambition

12-Month Workbook+Planner:

Your Life+Work Resilience Rx



Weekly & Daily Check-Ins



Weekly & Daily Check-Ins

2

Need reminders to help you stay on-track in building your sustainable and ambitious life+work?

Each week and day, review your Ambitions and Life+Work Resilience Rx responses and use the 5-questions on the next page as reminders to stay in alignment with your intentions and to build your life+work resilience.

Remember, it's a practice that calls for perspective, personalization, pacing, and patience. And that means it isn't easy! It takes learning about ourselves, planning, practicing, and progressing.





Weekly Sustainable Ambition Check-In

- What are my top priorities for the week? Am I working on the right things that will forward my goals and align with my values?
- What can I cut from my to-do list? What can I simplify?
- What can I do to help me operate at my best this week?
- What do I need to put on the calendar first?
- When do I have times for pauses, breaks, and sustaining activities?

Daily Sustainable Ambition Check-In

- What is my energy level today and what kind of effort can I put into my work and life?
- What do I need to support myself to show up as my best self today?
- What are the ways I will take a pause today of any length—in 30 seconds, 2 minutes, 15-30 minutes, 1 hour+?
- What is the 1 thing I must get done today professionally? personally?
- What are at least 3 projects or tasks I can cut from my list professionally? personally?



4 Stay Connected

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