

Uphill struggle

When you are constantly busy and feel overwhelmed, it can feel like an uphill struggle. If the image fits your situation, see how the questions might change your approach.

What message do you have for the person?

What makes your situation uphill?

What's the load you are dragging?

Why is it a struggle for you?

How long have you been dragging the load?

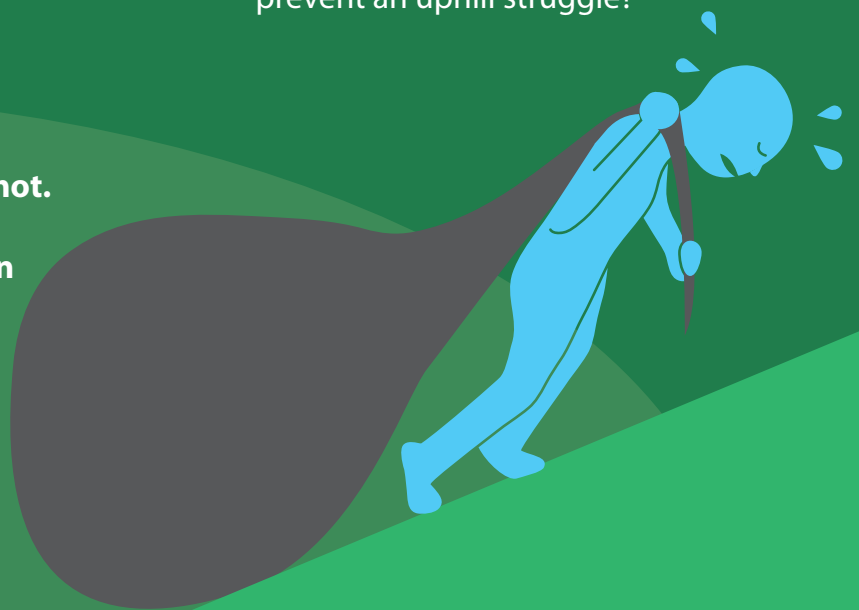
What has stopped you taking action before now?

What ideas will you take from this story to change your situation?

What are you going to do differently?

What action can you take each day to prevent an uphill struggle?

Imagine the image is no longer a snapshot. Instead it's a freeze-frame from a video. Change the story – use your imagination to lighten the load, strengthen the person and make the hill less steep.



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Insights from today's resilience habit

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Intention for tomorrow

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