MENTAL HEALTH
AWARENESS & ASSESSMENT

1. Be honest with yourself (and others)
Recognize when you've hit your limit and talk to the important people in your life about what that means.

2. Prioritize what matters
"If everything is important, then nothing is." - *Patrick Lencioni*
"The key is not to prioritize what's on your schedule but to schedule your priorities." - *Stephen Covey*

3. Be 100% present
This one has been a challenge for me at times. If you've done steps 1 through 3 and prioritized what you are focusing on, truly focus on it. Don't give in to the temptation to 'multitask' during that training event that you committed to or answer emails during your workout.

4. Learn to say "no"
One of my favorite quotes is from Michael Hyatt, "What gets scheduled, gets done." Take the time to schedule the things that are important to you and your goals (personal, professional, and otherwise), and give yourself permission to say no. If you say yes to everything, you're saying no to something.

Adapted from B. Bass