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Thrive at Work and in Life.

## KEYNOTE PRESENTATION: THE RESILIENT LIFE

\*\*Visit [SusanBiali.com/CBHC](https://SusanBiali.com/CBHC) for slide deck and resource links\*\*

### Reflection Exercise: Make Time for What Matters Most

- 1) Make a list of important life areas that you want to prioritize/make time for:
- 2) Star the 4 most important ones, then write down your top 4 priorities in order:
  - 1.
  - 2.
  - 3.
  - 4.
- 3) Put a star next to the one that is most neglected
- 4) What is one simple thing you can do (or stop doing) to take better care of that area?