










Going Home Checklist ✓

Take a moment to...

-  Think about 3 things that went well
-  Reflect on 1 difficulty – let it go
-  Recognize 1 person
-  Check on your team – are they okay?
-  Check on yourself – are you okay?
-  Recognize your value
-  Now switch your focus to home:
 -  Let go of work
 -  Rest, recharge, and unplug



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