

Stop the Overflow!

Application Guide

Where would you say that the level of water is in your pitcher right now?

What are three short-term fixes you could make to de-stress a little bit right now? Be specific.

1.

2.

3.

What are three long-term changes you would like to make to address some of the bigger or more chronic stressors in your pitcher? Again, be specific.

1.

2.

3.

