

# “Take 10”

On a scale from 1 to 10, with 10 being you **intentionally take 10 minutes for yourself every day** and 1 being not at all, where are you right now?

What are you already doing that lets you know you are at that number?

What will you be doing differently that will let you know you’ve moved up just **one** point higher on the scale? What’s a next small step you can take to get there?

