Exhaustion necognize & necoven

Created by Lindy Henry Arvin Mosley, Jr.



Focus on the root, not the fruit.

Collin Henderson, M.Y.M.



Exhaustion recognize & recover

, SHIP (CONS									
01 . What	do vou	hone to	get out	of this le	arnina l	olast?				
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02 .										
What	will you	need to	do (or r	not do) t	o achiev	ve that g	joal?			
03 .										
What i	s your e	exhaustic	n level t	oday?						
0	1	2	3	4	<i>5</i>	6	7	8	9	10

Extremely

exhausted

Somewhat

exhausted

Very exhausted

A little

exhausted

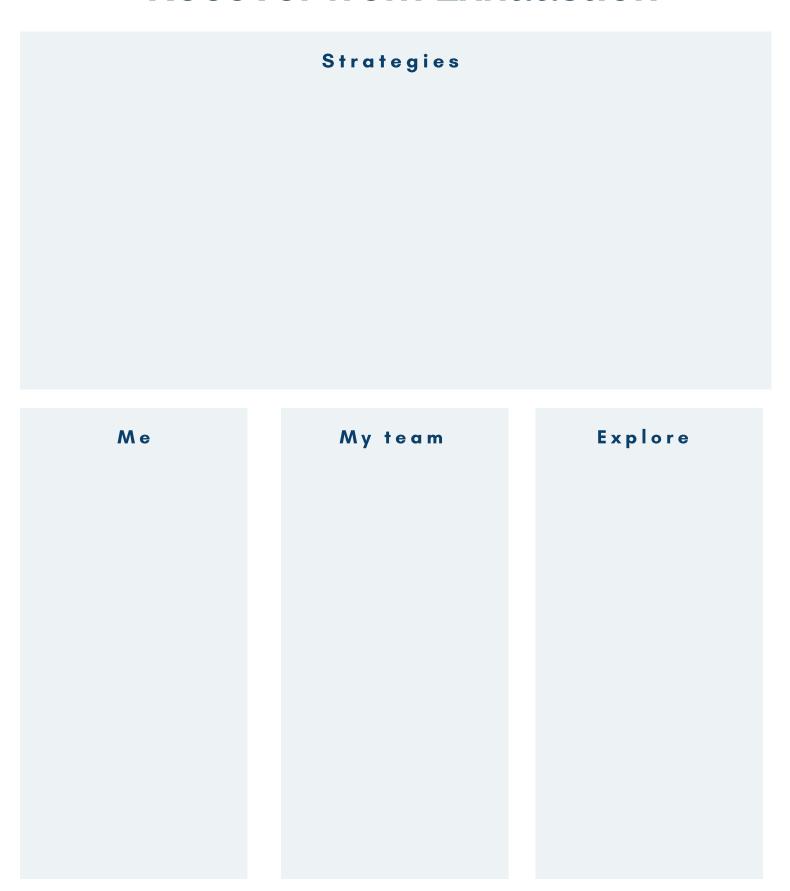
Not at all

exhausted

Recognize Exhaustion

04. What is the definition of exhaustion?
05 .
What are some symptoms of exhaustion?
06 .
Which symptoms are you experiencing and/or have experienced?
07 .
Have you observed any of these symptoms on your team? If so, which ones?

Recover from Exhaustion



Recovery Plan

Start Stop Keep L!G!B!



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