

*Personal Life*

# REBOOT

*Agenda:*

*\*Introduction*

*\*Personal Life Reboot Stories*

*\*Top 10 Personal Life Reboot Tools*

*\*Why do you feel you need a Reboot?*



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**1**

**Physical, mental, & spritual  
check-in**

**2**

**Meditation**

**3**

**Make a decision on “must-do”  
changes and just do it**

**4**

**Take time for yourself  
with no guilt**

**5**

**Exercise self-compassion**

**6**

**Don't neglect your social life**

**7**

**Get involved in matters  
outside of work**

**8**

**De-clutter your mind and space**

**9**

**Don't repress - share**

**10**

**Be intentional on living a  
meaningful life**