



“You Can’t Walk Through the Pigpen Without Getting Mud on Your Feet”

Presented by Jan Horton Spence

Symptoms & Impact:

The Three Q’s of Self-care:

1.

What are the tennis balls of your life?

2.

Four Focuses of _____, Who is it for you? _____

1. _____

2. _____

3. _____

4. _____

3.