



My Step-Away List

Fill it in on a calm day, so it's there when your head starts spinning

Seeding Serendipity
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1. Signs I'm spiraling

Mine are a spinning head and feeling short of breath.

2. Three things that reset me

From your real life. Mine are a walk, Pilates and an audiobook.

1

2

3

3. Who usually notices first

For me it's my husband: "You need to go lie down."

THEIR NAME

WHAT THEY'LL SAY TO ME

4. When I come back

Start with one small task, not the whole list.

MY ONE SMALL TASK

Rest is productive.

WHAT ELSE I'LL TELL THE GUILT
