



**THE TRANSIT LOUNGE**

Business coaching for your next move

## Self Care Traffic Light Review

### How To Use This Worksheet

This is a 'Master Document' so you will need to make a copy before you can write in it.

#### **INSTRUCTIONS:**

1. Click 'FILE' [Top Left]
2. Then select 'MAKE A COPY' OR 'DOWNLOAD - Microsoft Word' to create a copy for you to type into

#### **NOTE:**

PLEASE DON'T TRY TO TYPE INTO THIS DOCUMENT, OR REQUEST EDIT ACCESS, AS THIS IS THE MASTER DOCUMENT TO BE ACCESSED BY EVERYONE.



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| <b>RED</b><br><u>Stop</u> : Things that are actively burning you out and need to pause/stop. | <b>AMBER</b><br><u>Caution</u> : Things that are tolerable for now, but need boundaries or a plan. | <b>GREEN</b><br><u>Go</u> : Activities, people and habits that genuinely refill your tank. |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|                                                                                              |                                                                                                    |                                                                                            |

One self care action for this week: