Make time for a weekly 30-minute check-in with yourself. Take inventory of where you land on each of these areas. You don’t have to say yes to all of these; hitting one in each category on most weeks is ideal.

**R** Respond with Compassion  
MENTAL + EMOTIONAL

**Q:** Did my evil DJ’s volume get louder or softer?  
**Q:** Did I talk to myself in the same way I talk to a friend?  
**Q:** Did I catch myself when I engaged in ‘should’ statements?

**I** Inhale Oxygen  
PHYSICAL

**Q:** Did I get at least 7 hours of sleep most days?  
**Q:** Did I practice rest and recovery?

**S** Secure Support  
SOCIAL

**Q:** Did I take time to connect with a close friend or colleague?  
**Q:** Do I have any plans to network or meet new people in the upcoming month?  
**Q:** Did I invest in or help someone else?

**E** Evaluate Effort  
BEHAVIORAL

**Q:** Did I take a moment to celebrate a small accomplishment or win?  
**Q:** Did I relish in JOMO (Joy Of Missing Out)?  
**Q:** Did I resist the impulse to say yes right away and instead think through requests?