

resiliency in uncertain times

# WORK and PRODUCTIVITY



micro habits



Keep your **expectations** in check.



**expectations**

unrealistic to work  
at the same pace.



Take **care** of yourself.



**care**

get dressed.  
maintain routine.



Create **order** in your workspace.



**order**

a clean workspace  
helps to feel in control.



Create a **day map**.





**day map**

**to do list.**

**to be list.**



Be **productive.**



**productive**

one main block each day.

reduce distractions.



Commit to an **end point**.



Commit to an **end point**.

stop.  
rest.

**FACTS**

**We are wired for hard.**

**FACTS**

**We are wired for hard.  
We can adjust.**

# FACTS

**We are wired for hard.**

**We can adjust.**

**We can see things in different ways.**



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