**Take Stock-What’s on your plate?**

You can’t aim to make changes and improvements without truly knowing where the problem areas are. Start by taking a nonjudgmental inventory of where things are at in your life.

Make a list of all the demands on your time and energy (Work, Family, Home, Health, Volunteering, other). Try to make this list as detailed as you can. i.e.: Under the Work category, list the main stressors you see (number of clients, or, amount of paperwork, or difficult boss, etc.).

Once you have the list, take a look at it.

* What stands out?
* What factors are contributing to making your plate too full?
* Life situations or things you have taken on?
* What would you like to change most?

Source: CompassionFtigue.org & Cheryl Richardson “*Take Time for Your Life*”

**What’s on Your Plate?**