

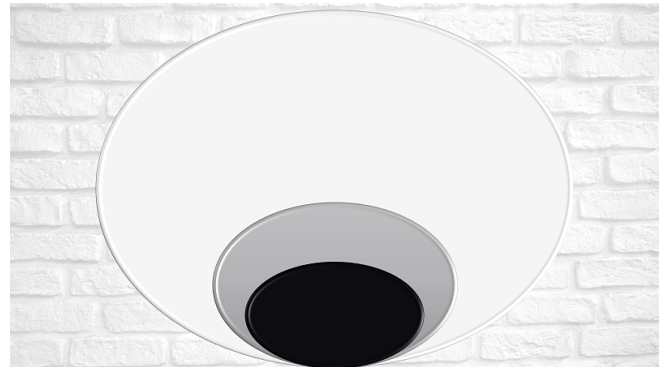
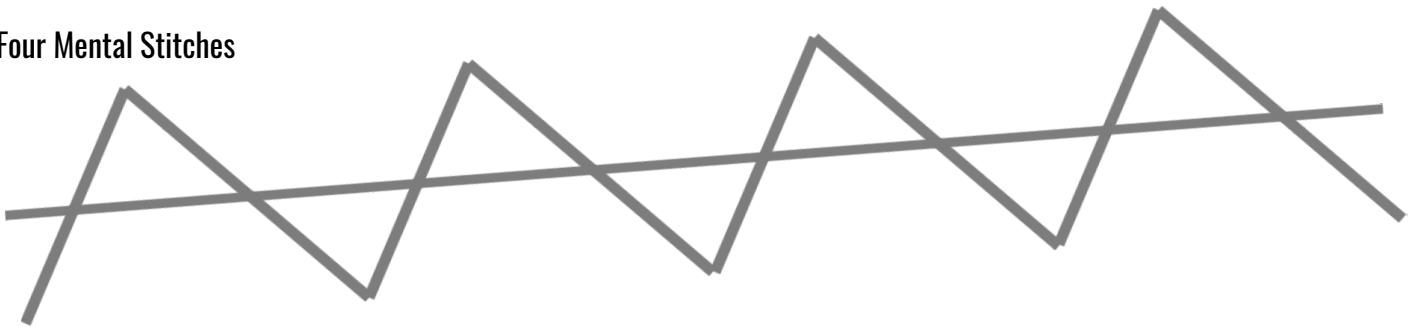
# Stitch It Up!

An Interactive Workshop

Reaction Tally



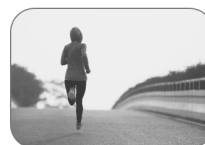
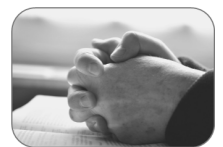
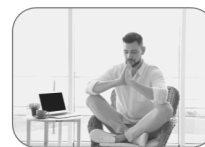
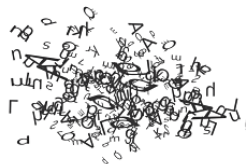
## Four Mental Stitches



“Because life is BETTER when you \_\_\_\_\_ about it.”

“\_\_\_\_\_ Because life is  
TOO SHORT for open WOUNDS.”

“Because life deserves your \_\_\_\_\_,  
and best EFFORT.”



3 things that stress me out:

- 1.
- 2.
- 3.

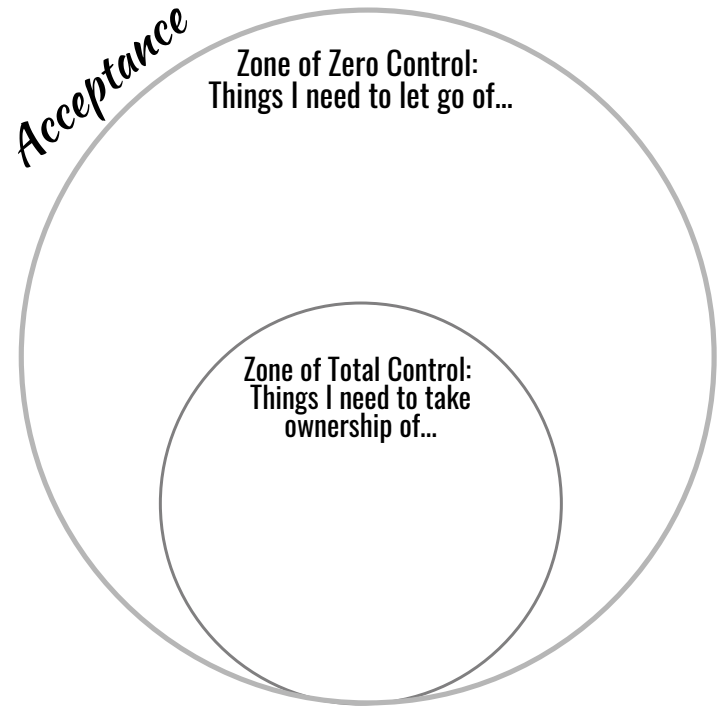
## *Awareness*

5 Sources of "Lenses" in my Life

New perspectives I may have on the things that stress me out...

## *Attitude*

Write one affirmation or mini-mantra for the stresses you indicated.



## *Accountability*

I will adopt the following actions to practice stretching the space to Stitch It Up:

I will help those I lead "stretch the space" on the job by implementing the following: