

Thoughtfully Prioritizing Your Day

Amit Sood, MD MS FACP  
 Professor of Medicine (Retd.), Mayo Clinic  
 Executive Director, Global Center for Resiliency and Wellbeing

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1

**CURRY**  
 Traditional Indian Food Restaurant


Salad	Rice
Tamatar Raita Lorem ipsum dolor sit amet 5.00	Chawal Lorem ipsum dolor sit amet 5.00
Gajar Salad Lorem ipsum dolor sit amet 5.00	Haldi Chawal Lorem ipsum dolor sit amet 5.00
Kela Raita Lorem ipsum dolor sit amet 5.00	Aloo Pulao Lorem ipsum dolor sit amet 5.00
Khira Raita Lorem ipsum dolor sit amet 5.00	Khichri Lorem ipsum dolor sit amet 5.00
Phal Salad Lorem ipsum dolor sit amet 5.00	Gamla se Chawal Lorem ipsum dolor sit amet 5.00

**Gift Voucher -20%**

2

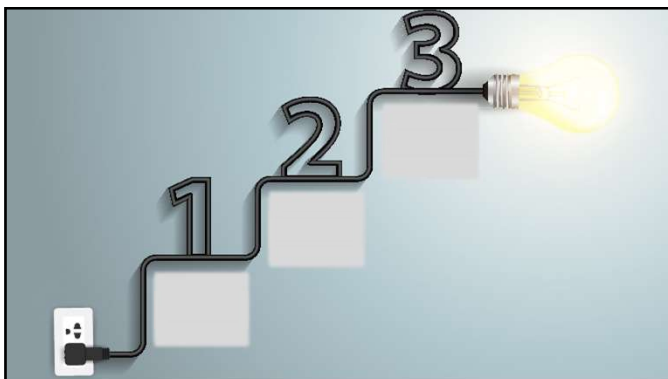


3



Order your selections (or someone else will)

4



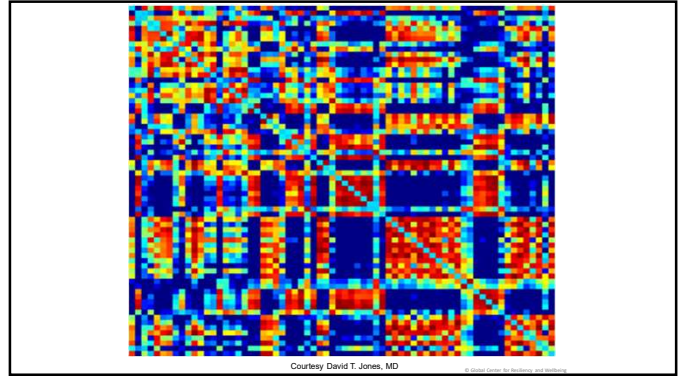
5



6



7



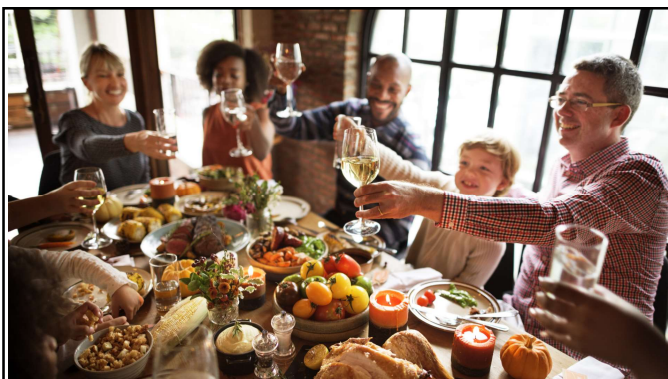
8



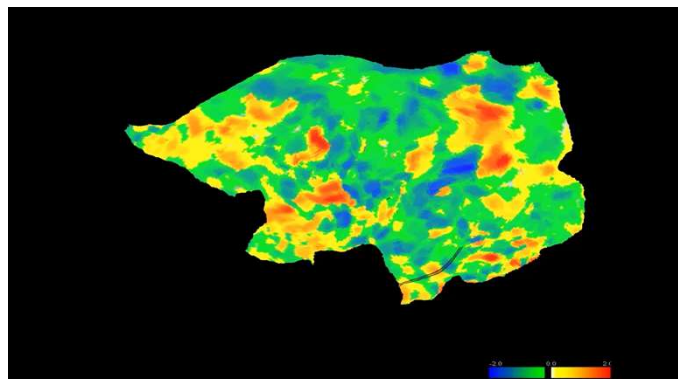
9



10



11



12

**Action: Scheduled Worry Time**

May 19<sup>th</sup>, 2022

10-10:15 - Scheduled Worry Time

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**Action: Sandwiched No**

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**Action: Heal Your Mind (Forgive)**

15

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1 Empty

2 Fill

3 Shuffle

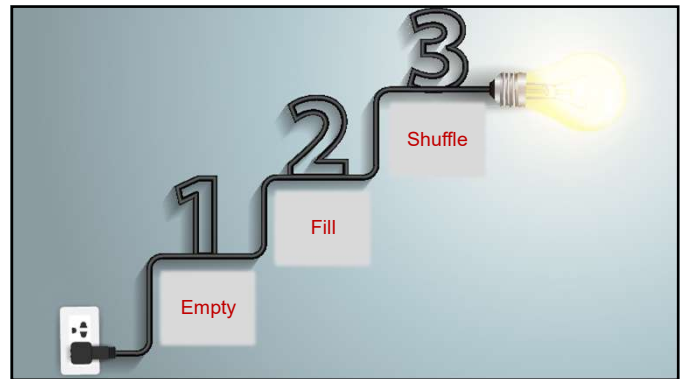
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**Action: Fit in Your Big Rocks**

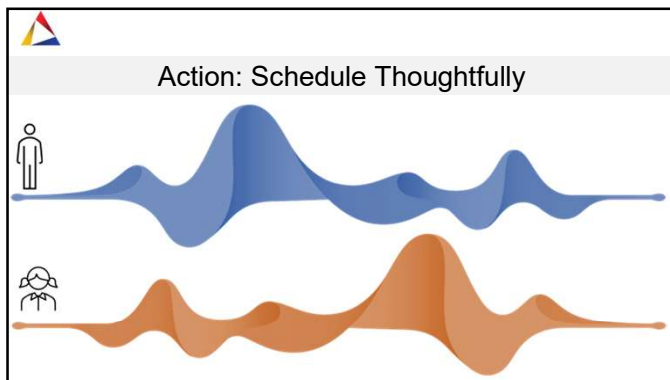
18



19



20



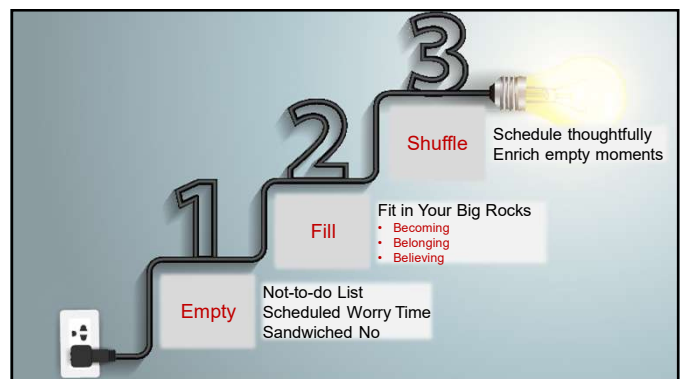
21




22



23




24




Your Next Step

Not so controllable		
Controllable	Important	Not so important

25



Your Next Step



I will do more of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will do less of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Thank you!

[resilientoption.com](http://resilientoption.com)

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