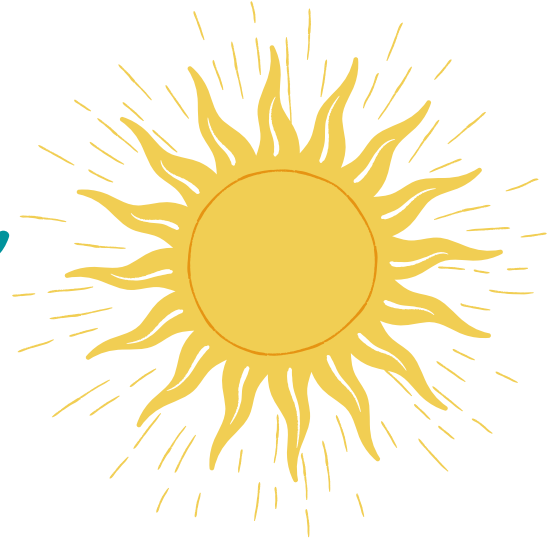
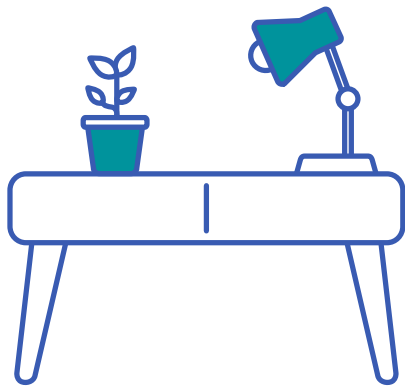




I can work with my natural energy patterns by...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Peak Performance Solution Worksheet



PEAK ENVIORNMENT

I can improve my working environment by...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Peak Performance Solution Worksheet



PEAK HEALTH

I can take care of my health by...





Ready... Set... Implement!

Pick 1 solution from each area to get started implementing them.

Get support and encouragement by posting your progress to the Savvy Grad Students Facebook Group using #TopNotchTimeManagement

