

THE LINKS OF



MANAGE DEMANDS AND EXPECTATIONS



Understand your priorities.

Knowing what's important to you can help you find balance and maximize productivity.

Be reasonable with work-life balance.

There is no perfect balance. It's a cycle of reflection, evaluation, and improvement.

Overcome toxic positivity.

Don't ignore genuine negative emotions. Accept them and approach challenges productively.

Recognize your procrastination.

Understand why and implement the right strategies to get it done.

Prioritize your health.

Care for your body and mind – they're your most valuable assets.



Powered by:

