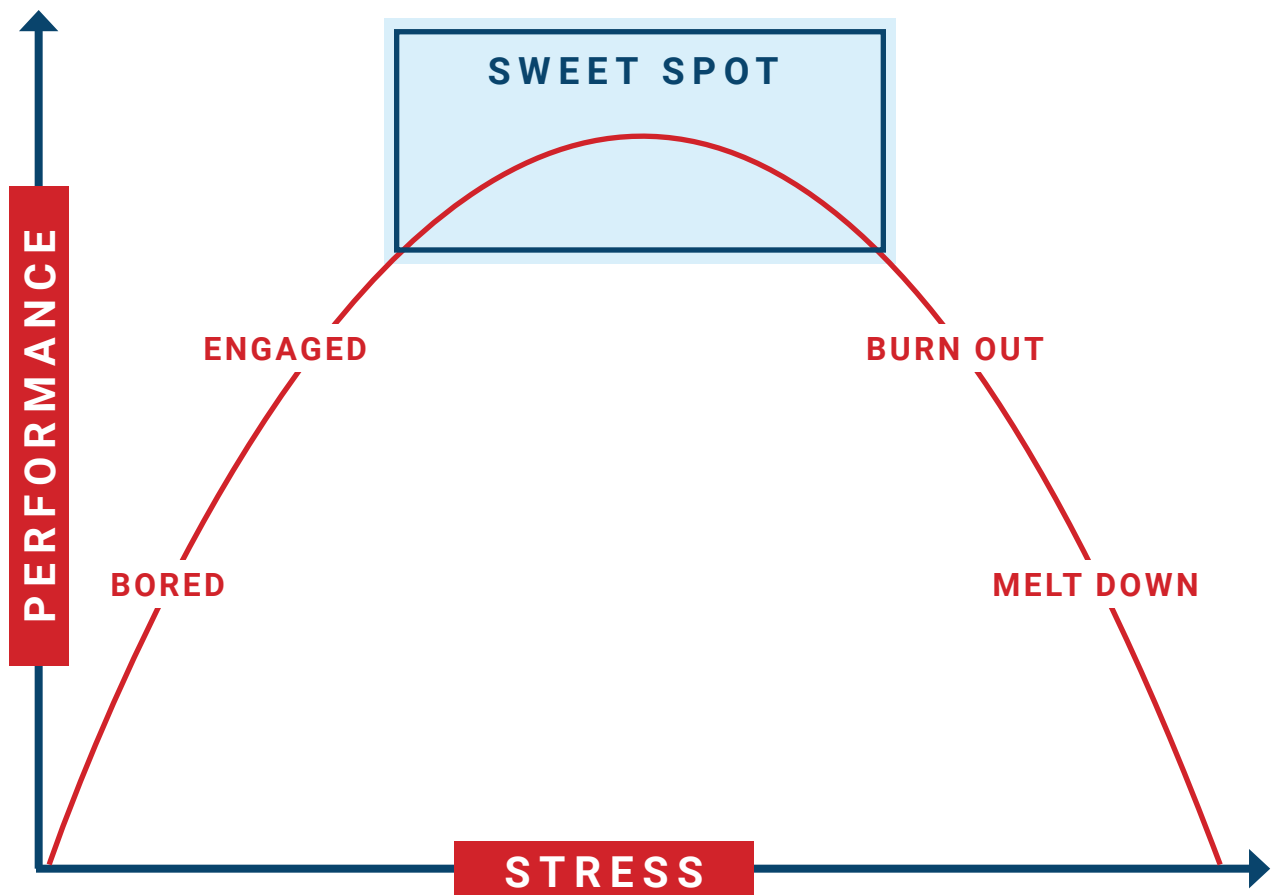
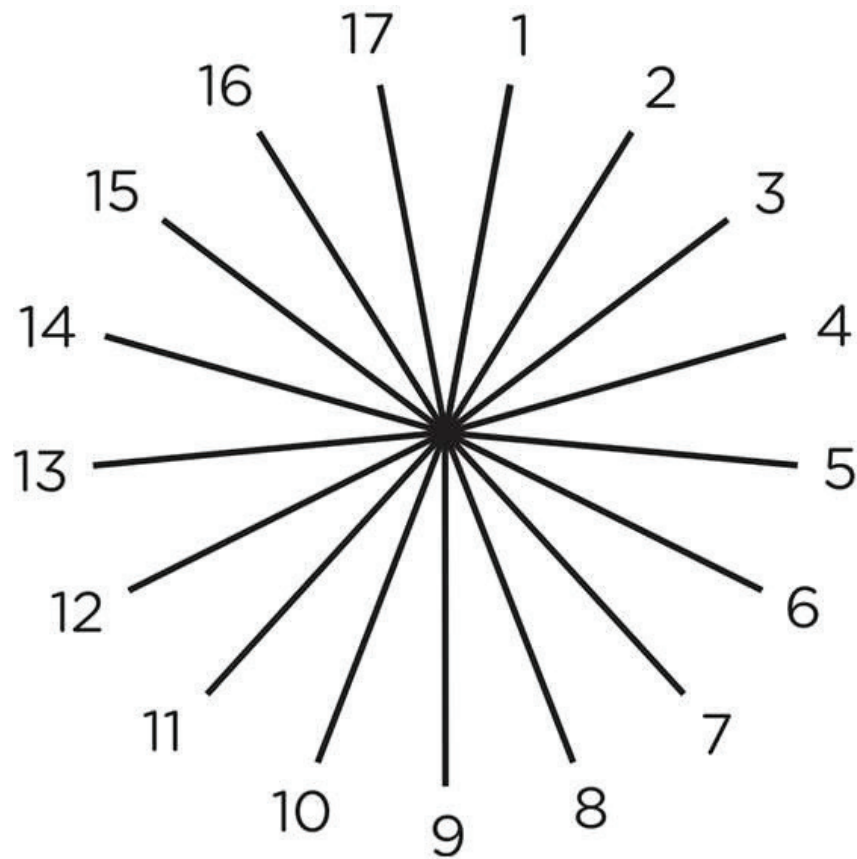


LAWRENCE & CO

NO-NONSENSE TOOLS & ADVICE FOR LEADERS OF HIGH-GROWTH COMPANIES.

THE GRAVITY OF GROWTH:





17 HABITS TO HELP HIGH-ACHIEVERS SURVIVE & THRIVE IN LEADERSHIP & LIFE

- | | |
|---------------------------------------|-----------------------------------------|
| 1. Live an Amazing Life | 10. Make Yourself Useless |
| 2. Forget Work-Life Balance | 11. Quadruple Your IQ |
| 3. Double Your Resilience | 12. Stop Being Chief Problem Solver |
| 4. Invest in Your Sweet Spots | 13. Teach People to Meet Your Standards |
| 5. Lick Your Toads | 14. Tackle Tough Conversations |
| 6. Deal With Your Emotional Junk | 15. Love the Lessons |
| 7. Manage Your Mental Health | 16. Keep Going For It |
| 8. Learn Like Your Life Depends on It | 17. Plan, Plan & Plan Again |
| 9. Get Tough FeedT | |

Your #1 Habit to Master: _____

Why? _____

PASSION RATIO GRID

	WORK	SELF	LIFE
CURRENT PASSION RATIO	_____ %	_____ %	_____ %
IDEAL PASSION RATIO	_____ %	_____ %	_____ %
START OR DO MORE OFTEN			
STOP OR DO LESS OFTEN			

MY RESILIENCE RITUALS GRID

	WHAT	FREQUENCY	WHEN
BODY	<ul style="list-style-type: none"> • • 		
MIND	<ul style="list-style-type: none"> • • 		
SPIRIT	<ul style="list-style-type: none"> • • 		

NOTES:

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Normal mood fluctuations	Irritable / Impatient	Angry	Angry outbursts / Aggression
Calm & takes things in stride	Nervous	Anxious	Excessive anxiety / Panic attacks
Good sense of humour	Sad / Overwhelmed	Pervasively sad / Hopeless	Depressed / Suicidal thoughts
Performing well	Displaced sarcasm	Negative attitude	Overt insubordination
In control mentally	Procrastination / Forgetfulness	Poor performance / Workaholic Poor concentration & decision-making	Can't perform duties, control behavior, or concentrate
Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts / Nightmares	Restless disturbed sleep Recurrent images / Nightmares	Can't fall asleep or stay asleep / Sleeping too much or too little
Physically well	Muscle tension / Headaches	Increased aches and pains	Physical illnesses
Good energy level	Low energy	Increased fatigue	Constant fatigue
Physically and socially active	Decreased activity and socializing	Avoidance / Withdrawal	Not going out or answering phone
No or limited alcohol use / Gambling	Regular but controlled alcohol use / Gambling	Increased alcohol use / Gambling is hard to control	Alcohol or gambling addiction / Other addictions

The Mental Health Continuum Model is sourced from the Mental Health Commission of Canada (<https://mentalhealthcommission.ca>)

ALGEE: THE ACTION PLAN

- **A** **ASSESS** FOR RISK OF SUICIDE OR HARM.
- **L** **LISTEN** NON-JUDGMENTALLY.
- **G** **GIVE** RE-ASSURANCE AND INFORMATION.
- **E** **ENCOURAGE** APPROPRIATE PROFESSIONAL HELP.
- **E** **ENCOURAGE** SELF-HELP AND OTHER SUPPORT STRATEGIES.

The ALGEE Action Plan is sourced from the Mental Health First Aid Canada (<https://www.mhfa.ca>)

NOTES: _____

CONTACT US: lawrenceandco.com | inquire@lawrenceandco.com | 604-313-2229