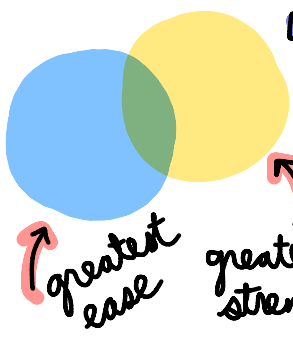


# THE SWEET SPOT

## HOW TO FIND YOUR GROOVE AT HOME AND WORK

With Dr. Christine Carter



greatest ease

greatest strengths

LESSONS

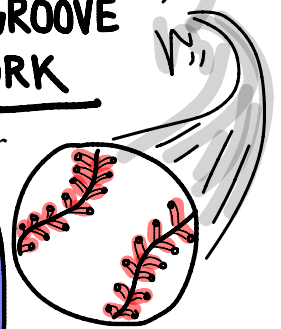
STUFF

POWERFUL EFFORT  
→ versus ←  
EFFORTLESS POWER

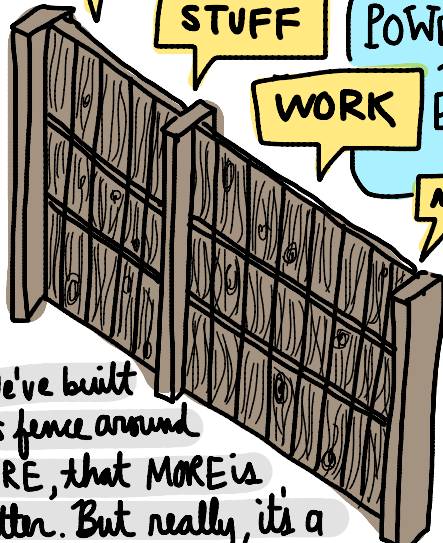
MORE!

WORK

MORE!



Areas in your life where there is a sense of natural flight - less resistance less stress.



"We've built this fence around MORE, that MORE is better. But really, it's a sign of OVERWHELM."

Min. Effective Dose



1. DO ONE THING AT A TIME.
2. CHECK EMAILS LESS FREQUENTLY. SET TIME.
3. DON'T BUY INTO "BUSY!"

COGNITIVE OVERLOAD

When stressed, our brain goes into "fight or flight" mode.

