# Finding Me

## PROBLEMS

### CHANGE & TRANSITIONS

Contributes to inability to focus on creating her future self while focusing on family members.

### FAMILY PRESENCE

- CHAOS & CLUTTER
- LACK OF PRIVACY
- NOISE & INTERRUPTIONS

## SOLUTIONS

### PRIORITIZE

Focusing on my needs and meeting those needs, allows for healthier boundaries and more effective time with family

- HEADPHONES — Taking walks to concentrate or wear while working in the office
- BOUNDARIES & EXPECTATIONS — Identify personal needs, set family expectations of space and availability
- DEDICATED SPACE — Ask for help with redesigning office

### SIGNATURE MOVES

IDENTIFYING PROBLEMS and CREATING STRATEGIES and SYSTEMS TO CREATE THE SOLUTION TO THOSE PROBLEMS