

ACTIONS TO ELEVATE.



LIFE

	START	STOP	KEEP
STRENGTHS			
VALUES			
VISION			
MINDSET			
HEALTH			
CONFIDENCE			

ACTIONS TO ELEVATE.



LEADERSHIP

	START	STOP	KEEP
LEADERSHIP			
BRAND			
CULTURE			
KINDNESS			
GOALS			
HABITS			

ACTIONS TO ELEVATE.



LONGEVITY

	START	STOP	KEEP
BURNOUT			
PLANNING			
HAPPINESS			
FULFILMENT			
SELF-CARE			
CELEBRATION			