



CAREGIVING & *impact on women*

Understanding your own risk appetite is important before diving into any type of investment strategy. You need to understand what you may be putting at stake. Everyone always wants to talk about gains but rarely talks about the downside. Risk is also as personal as DNA. You don't have to have the same risk profile as your partner or friends.

SELF

OTHERS

STRATEGIC

COMMUNICATION

RELATIONAL

Action Items

Okay we get it...life happens. Take some time to assess where you are with being proactive and building resilience. First, rate yourself in the areas below 1-5 (five being you're doing stellar!) Then answer the questions continued below.

WHERE AM I AT WITH OWNING RESILIENCE?



BOOST CONFIDENCE

SELF TALK
 JOURNAL
 SELF COMPASSION
 BUILD YOUR TRIBE

RATING
 1 2 3 4 5

SAFE SPACES

EMOTIONAL &
 PRACTICAL
 SUPPORT

RATING
 1 2 3 4 5

SELF-CARE

STAY HEALTHY
 COMMUNICATION
 BOUNDARIES

RATING
 1 2 3 4 5

What areas do you need to grow in? Who will help?