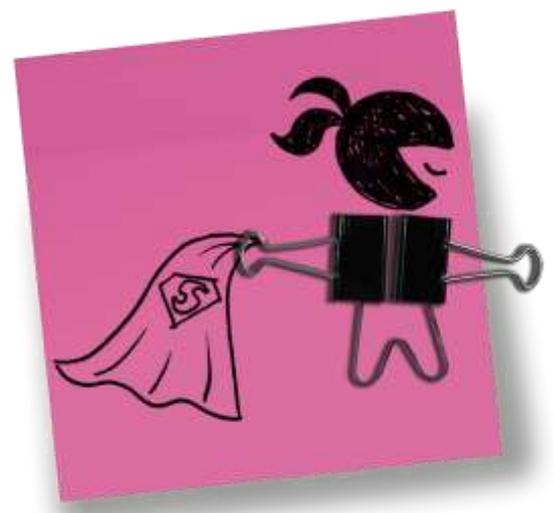


HUMAN, NOT SUPERHERO

→ PUTTING WELLBEING AT THE CENTER OF HOW WE WORK



What contributes to brain overload in your work?

What strategies have you put in place to help?

What might you try?

**When do you notice the lizard brain showing up
- in yourself and others?**

How can we help ourselves and each other in these moments?

How's my capacity? What do I need to say yes or no to?

When have I noticed decision fatigue?

**What are we squeezing out?
What do we need to make space for?**

How are my fuel levels? What do I need to top up on?

How are we taking care of each other?

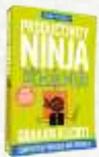
NOTES



WHAT'S NEXT?



Head over to the **Productivity Ninja Academy** from today, where you'll find your slide deck and this workbook to help achieve your personal action plans. (You'll gain access as soon as you complete your Survey at the end of this Workshop).



Deep dive into Graham's "**How to be a Productivity Ninja**" book (your eCopy is waiting for you in the Academy).



Make time to to reflect on the workshop you attended. **Think about the key takeaways, insights, and ideas** that stood out to you.



Feel free to share and practice your fresh perspectives on balancing wellbeing with meaningful productivity in your daily work.



Last but not least, Remember to **track your progress and celebrate your successes** along the way. Don't be afraid to ask for help or support if you need it.

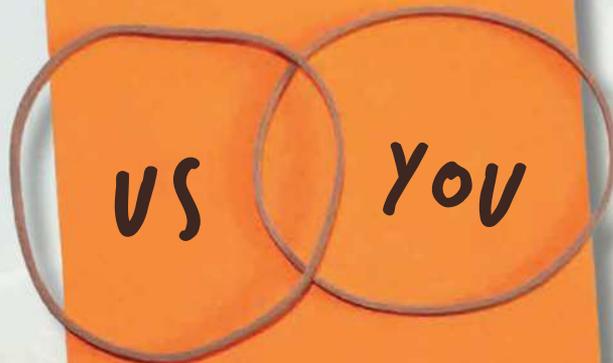


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