



Taking care of you!

- **Prioritise Self-Care:** focus on your own well-being
- **Financial Health:** Ensure personal financial stability
- **Time Management:** don't be the last to leave the office
- **Oxygen Analogy:** self-care enables one to better help others
- **Avoid Burnout:** don't neglect personal needs
- **Team Impact:** A well-rested and healthy business owner can better motivate and uplift their team.



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