After Parent-Teacher Conferences

For the evening after. Get it all out of your head and onto paper, then call it a day.

Which conversation stayed with me?

What went well for me today?

What do I take with me, and what do I leave behind?

What will I do tonight just for me?

- [ ] phone in the drawer
- [ ] order my favorite food
- [ ] a walk around the block
- [ ] early to bed
- [ ] call someone who lifts me up
- [ ] one episode of my show

Breathe. You gave a lot today.