

What has changed in me?

MAYA / A pattern becomes clearer across work and home.



What can actually fit?

Count commitments before adding another.

<i>Available time / room</i>	<i>Already committed</i>	<i>What is still being asked</i>

What cannot all fit, including preparation and recovery time?

What needs a priority decision, different timing, or more support?

One demand to change

Choose the adjustment that would make a practical difference.

What I want to defer, reduce, share, or stop accepting

Who needs to agree, and what option I can offer

What will remain my responsibility; when we will review the change



Try one change

Date: _____

The concern and the change I will try

What must be agreed or arranged; who else is affected

When I will review it and what I want to notice
