

How to deal with
A LIFE OF CRAZY
and keep your cool, mostly.

Justine Pocock - @wigglykoala

A story about a

GIRL

Find your

TRIBE

Get things

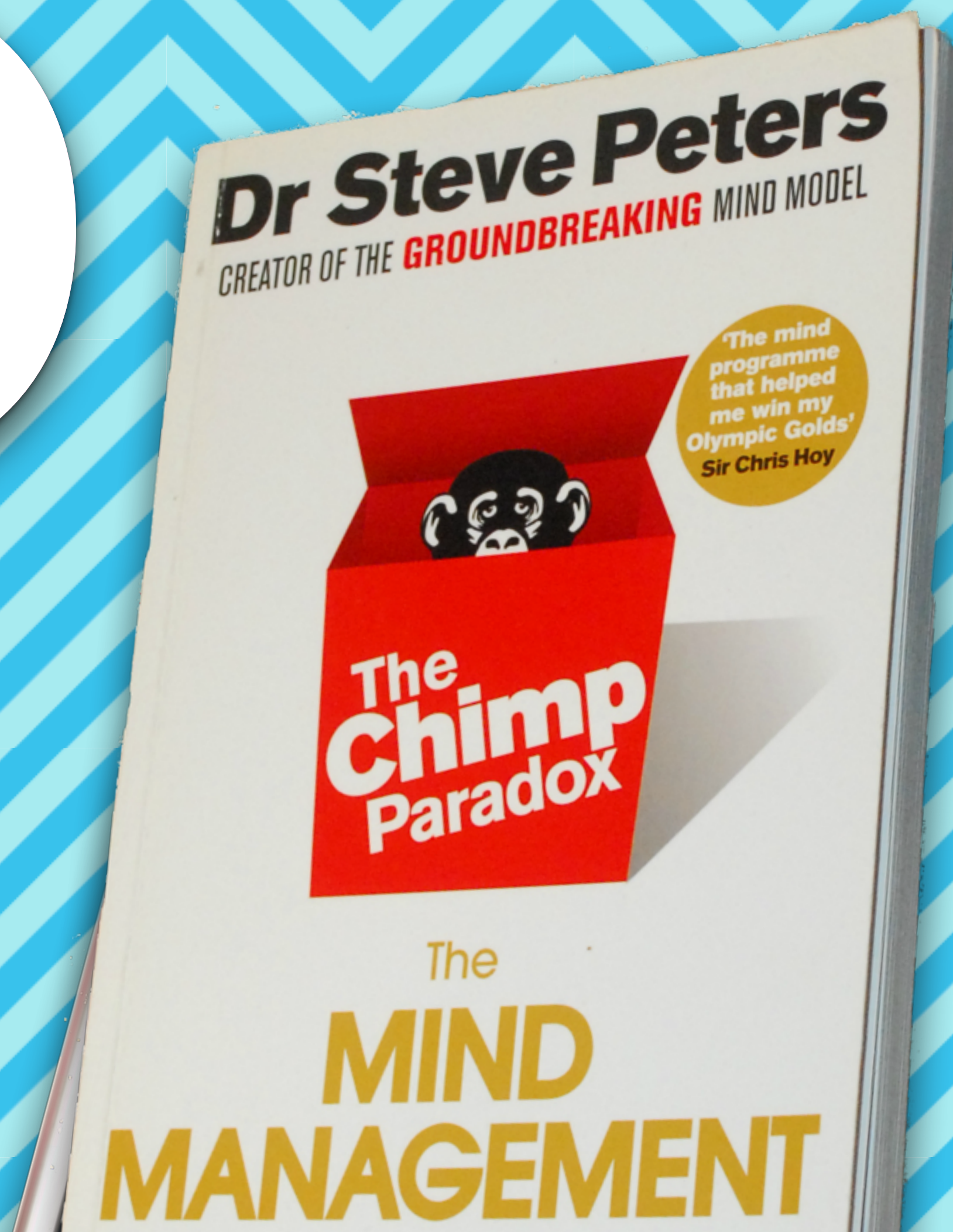
DO ME

FUTURE LOG

- ☐ FEB 18 • school holiday
- ☐ FEB 6 • PTA mtg @ 7:30pm
- ☐ MAY 15 • food truck festival all day
- ☐ MAR 3 • well child appts @ 2:30pm
- ☐ JUNE 17 • sally's wedding @ 4:30pm

Use your

HEAD



Stop, Look and

LISTEN



Embrace the

GOOD

Get in the

GROOVE

It's
OKAY!

I'm grateful for

My mantra is

Resources

About a girl:

Women's Aid - womensaid.org.uk
(not just for women)

Get things done:

Bullet Journal - bulletjournal.com

Use your head:

The Chimp Paradox, Dr. Steve Peters
Blinkist - blinkist.com

Stop, look & listen:

Headspace - headspace.com

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