

PAUSE for self-reflection

Picture yourself driving a car. The car will be a metaphor for your life. What do you see?



Gas tank

How full is my tank?
What is my speed?
Check engine light is on or off?
Anything that needs my attention?



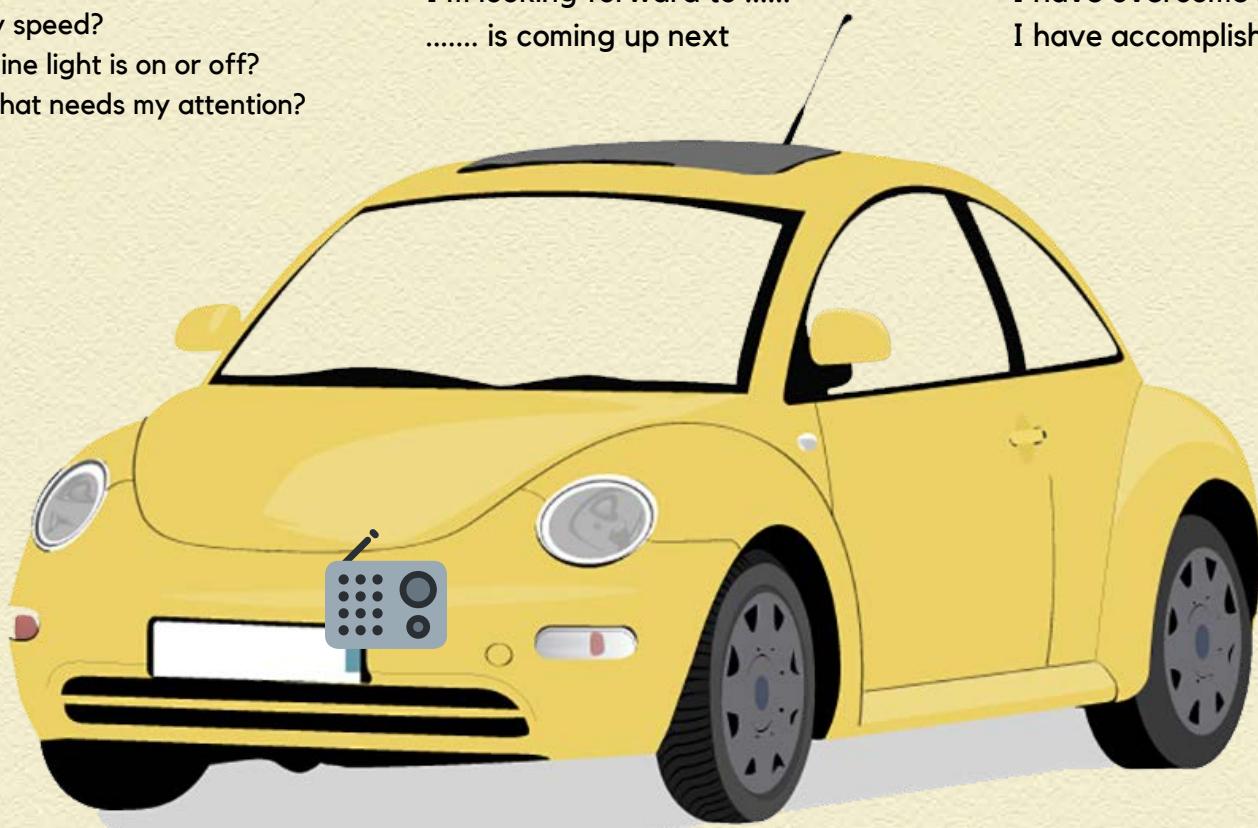
Front window

I'm looking forward to
..... is coming up next



Rearview mirror

I have overcome
I have accomplished



Radio

What's on playing on the radio?
What's inspiring me?



Seat

Who's sitting next to me?
What does my support system look like?

For more resources, contact Work Life Consultant Elisa Salazar, LMSW
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