



The slump prevention playbook: How to bounce back from setbacks in customer success

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2.5 Million Years Ago





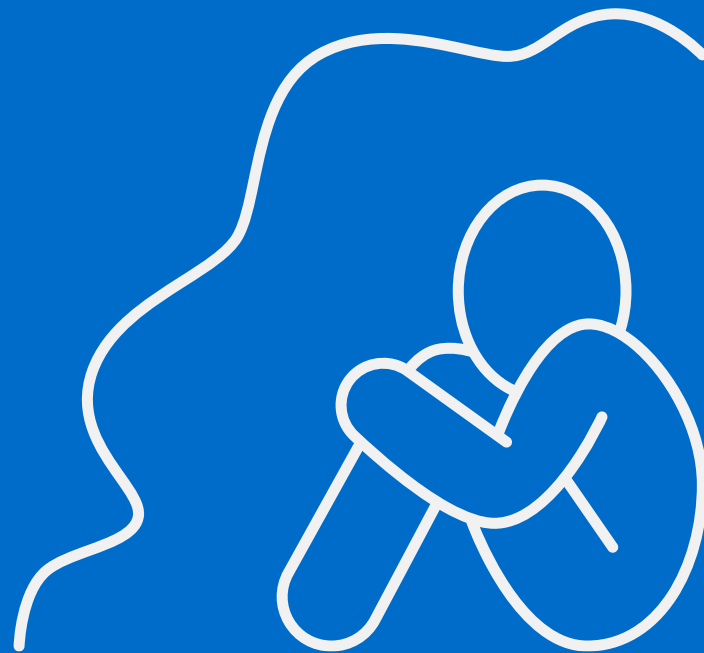
**Let's Upgrade
Your
Software**

Behaviors that keep you stuck

Comparison



Isolation



Self Criticism



Stress Less and Get More Done

Life is Multi Dimensional

Comparison

Thief of Joy

**Only compare against
yourself**



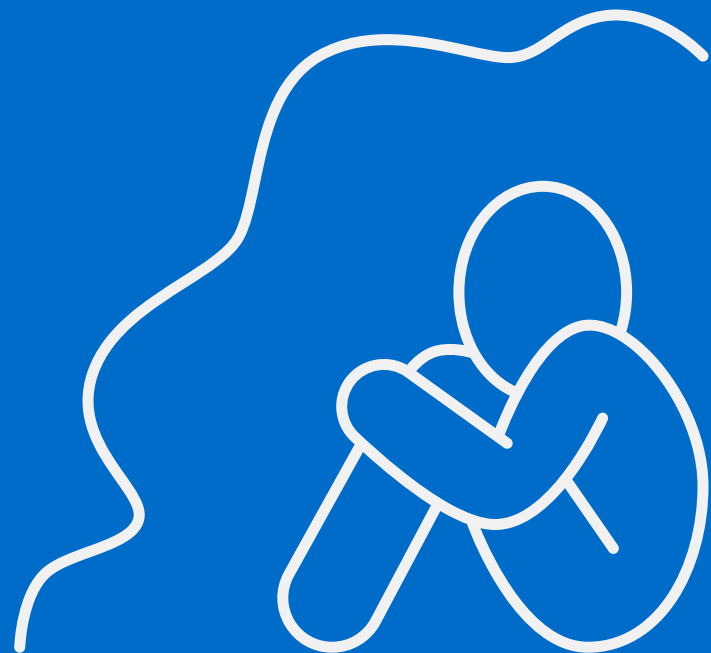
Stress Less and Get More Done

Isolation

Ask for Help

Everyone Struggles

**Build a board of
Directors**



Stress Less and Get More Done

Self Criticism



Reframe Failure

**Separate your identity
from work**

**Practice Self
Compassion**

3 tools to build resilience and stay on track

Rewire your brain



Get out of Jail Free



Slump Prevention System



Write out the following:

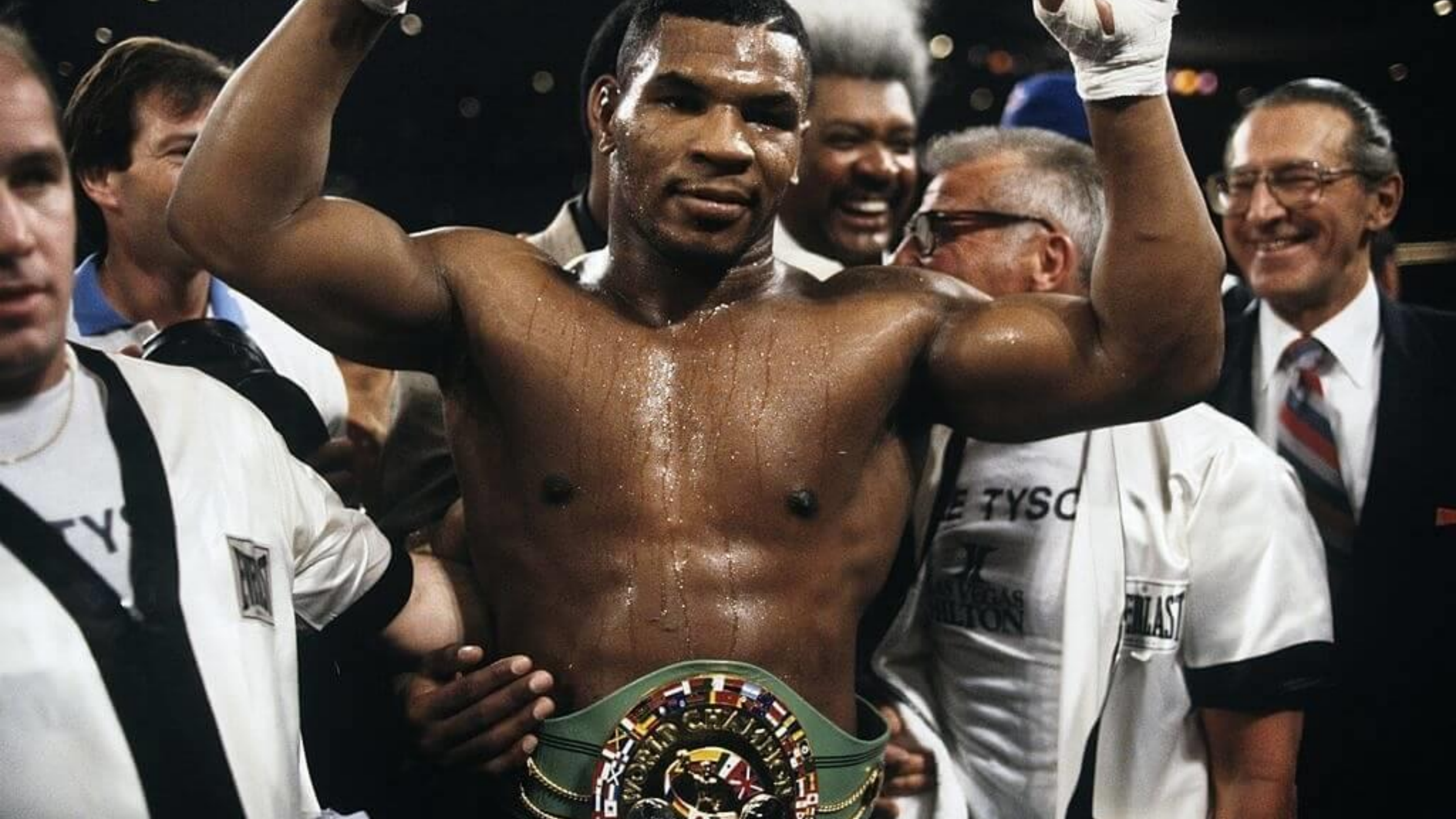
- **Biggest win in the last 6 months**
- **Favorite part about your job**
- **3 things you're grateful for**


Why it works



Actions:

- **3 things daily for 30 days**
- **Keep wins/what you like on your desk**



What are my warning signs/Obstacles	How will I know when I am off track	Activities that help me recover and bounce back	Plan to get back on track
			What will you do Who can you reach out to?

What's Next

I'm going to send you a Notion Page with the worksheets and resources from the this session and the last one.

My Gift to you

Get 66% off my on-Demand Program w/ Code
THANKSCSMS



Q & A Time

Take this 60 second survey to win a coaching call

