

VITALITY 'THRIVING THROUGH CRISIS' CHECKLIST

1

Who could help with the household?

2

Who could give the kids a great day?

3

Who could handle the family chores?

4

Who can help with your professional workload?

5

Who is going to take care of the pets?

6

What are your self-care musts?

7

Do you have the logins to vital info?

8

Do you have a shoulder to lean on 24/7?

9

Who is going to be your financial angel?
