



# HOW TO PITCH TO THE MEDIA

WITH LISA MESSENGER

*episode five: workbook two*

SELF CARE CHECKLIST

# WRITE YOUR SELF CARE CHECKLIST

Every entrepreneur and founder needs to develop their own toolkit of coping mechanisms and strategies.

We have to take responsibility for our emotions and reactions. I swim in the ocean. I go for a walk with my dog, Benny. I stand with bare feet on the grass. I journal or vision board. I spend time with people who inspire me.

What's your version of that?

