

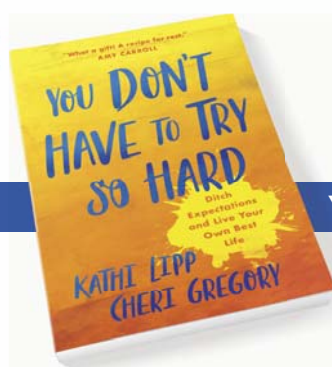
HOW TO KNOW IF YOU SUFFER FROM PERFORMANCISM

1. When people ask you what you do for fun all you can think of is work.
2. You don't have an end to your day.
3. They get the phone call for rescue, not comfort (or fun)

IT'S OK TO LOVE YOUR WORK.

Pain Points

1. You never know when you've done enough
2. Lose job, lose sense of identity
3. Being necessary is not the same as being wanted



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