

Self Care

During AEP

Focus on your Accomplishments

Sometimes, we all fail, but it's crucial to use failures as a learning experience and focus on the positive rather than the negative. Keeping a positive mindset will help you flourish personally and professionally.



Celebrate Yourself

You don't have to wait until you AEP is over to celebrate. Big or small, it's a reason to celebrate when you reach a goal. Whether it's finally closing a new prospect or meeting your weekly sales goal, every win is worth celebrating yourself.

Make Time for Family & Friends

Making time for family and friends is essential. Order take-out for dinner and have a movie night or invite some friends for a virtual game night. Your friends and family will give you the unconditional support you need for a good boost in your mood.



Get Proper Rest

It might feel like staying up late to finish work you couldn't get to earlier is a good idea, but working extended hours may increase risk of errors, and lead to higher levels of stress, and bad eating habits. If you get enough sleep each night will help you stay fueled and feeling your best.

Although AEP is a critical time to work hard and be the most productive, neglecting yourself will leave you feeling burnt out, make you want to quit and prevent you from having your best AEP yet. If you take care of yourself, we can help you with the rest! We're here to help you minimize your efforts and maximize your results.

Contact Agent Pipeline today!
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