

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team

JANUARY 28, 2022 | VOL. 3

Top 12 Questions

[This list](#) contains questions that are applicable to a variety of life's challenges. Use these questions to help yourself and others unveil new choices, options and possibilities you might otherwise have missed.



What to Do When You're Stuck in the Survival Zone

Demands on our energy can sometimes exceed our capacity on a given day. Tony Schwartz, author [TaW6 8B `bYG\[X`8aXeZl `Cb\]XVgZ\[Tf`WKag\ XW in this article](#).