

# Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team

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## 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](#).

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