

How to Manage Your Ducks

(How to be a more sustainable you)

@amys_kapers

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We acknowledge the
traditional custodians of this
land, the Whadjuk people of
the Nyoongar nation.

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Thank you to our SPONSORS who help make today possible!

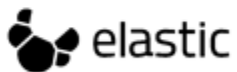
PLATINUM



GOLD



SILVER



COFFEE



QUIET ROOM



How to Manage Your Ducks

(How to be a more sustainable you)

@amys_kapers



amys_kapers



Amy Kapernick



3 November 2016 near Perth · 🧑🏻‍🦲 ▼

Apparently it's going to be one of those days

📷 Tag photo

📍 Add location

✎ Edit

👍👎 4

5 comments

👍 Like

💬 Comment

➦ Share

ys_kapers

Burnt out.

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Fulltime Job Interviewed 50 staff Hired 30 staff Crashed my car Wrote off my car
Physically Assaulted Found a new car Ran 12
workshops in 2 weeks Managed 30 staff
Started a new degree Threw 2
birthday parties Looked for a
rental Moved house

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Good Worry vs Bad Worry

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FALL semester

CLASSES

		TIME @	ROOM
MW	HISTORY	9:00 am	312
T/TH	ENGLISH	3:00 pm	520
MW	BIOLOGY	12:45 pm	112
T/TH	CALCULUS	10:00 am	503
MWF	ART CLASS	5:00 pm	102

GOALS

- ➡ TRY SOMETHING NEW EVERY WEEK
- ➡ join a new club
- ➡ cook more food at home
- ➡ TRY a KICKBOXING class





DDD Perth
@DDPerth

Program change! Phil Nash @philnash is presenting on "Web APIs for delightful two factor auth experiences" instead of Inaie Ignacio @inaiei on 'Making simple easy' at 12:20 in Kwonding (Quandong)

[dddperth.com/agenda?
sessionId=23846d72-9902-4e32-9077-e](https://dddperth.com/agenda?sessionId=23846d72-9902-4e32-9077-e)

Sat Sep 10 03:05:18

@amys_kapers

Being Productive

@amys_kapers



apers

Prioritising Me

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MY NON MOVEABLES







B

アイテム



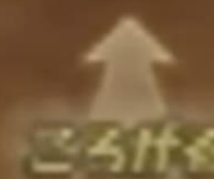
A

ダッシュ



持ちもの 1

ヘルプ 2



さくける



ダッシュ



さく





Boundaries

@amys_kapers

CRAZY EX GIRLFRIEND [CRAZY LIFE STORY]



FOR PEOPLE WHO WANT TO HELP BUT ALSO HAVE A LOT ON (saying yes with self care in mind)



THE SUBTLE ART OF NOT GIVING A F*CK

*New York
Times
Bestseller*

A COUNTERINTUITIVE APPROACH
TO LIVING A GOOD LIFE

MARK MANSON

@amys_kapers

Subtlety #3:

**Whether you realize it or not, you
are always choosing what to give a
fuck about.**

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Ming Johanson 🗨 speaking at #DDDAdelaide
@MingJohanson



I have exactly 3 more ducks to give to my day.
[@Amys_Kapers](#) [@V_garpend](#) [@msandfor](#)



@amys_kapers



OLD MAN YELLS AT CLOUD



By the way, the man
yelled at the cloud
because it was so
big and white.

That's all for today.
We'll be back with
more news and
stories next time.
Stay tuned for
all the latest
and greatest.
We'll be right
back with
more news and
stories next time.
Stay tuned for
all the latest
and greatest.

sustainability

Avoidance of the depletion of
natural resources in order to
maintain an ecological
balance

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Thank you 🙌

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