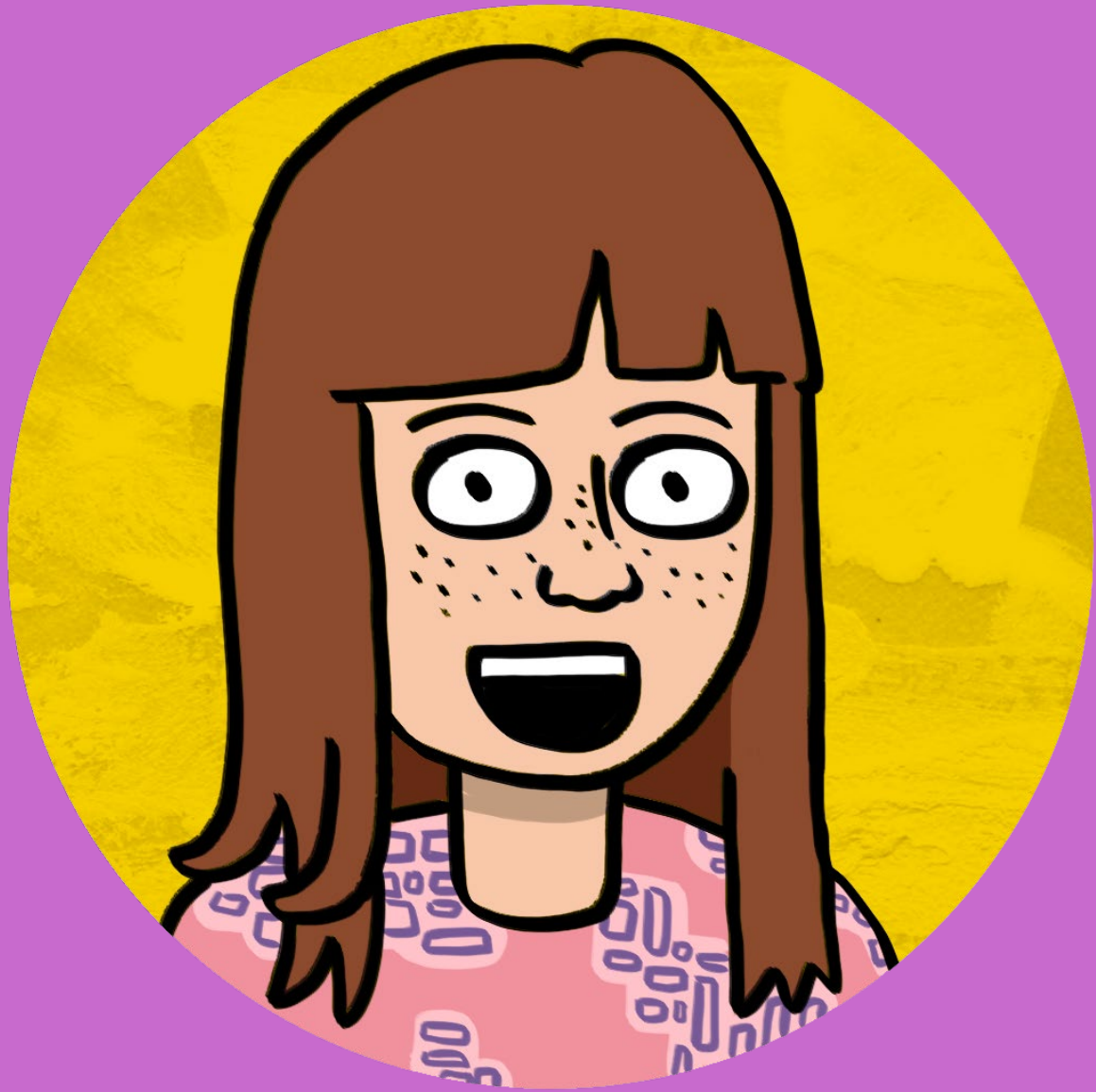


# You Have to Stop Working, Even When You Can't Stop Working

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CEO Triple Topping

# Intro



**TRIPLE  
TOPPING**

# Some context



# Why it's hard to stop



# Six Months From Now?



# How I Stop Working

- Be open and transparent on your availability
- Respect other people's time zones
- Very few things are so urgent that you should reply at 1am.
- Budget and plan for time off
- Practice and allow yourself new standards

