

YOUR NAME

'S ENERGY RENEWAL AND SELF CARE PRACTICES

ENERGY RENEWAL

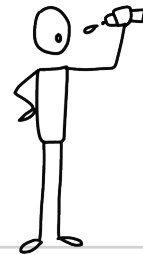
Activities that help me **"warm-up"** to work.

For example, making a to-do list or checking the important emails first.



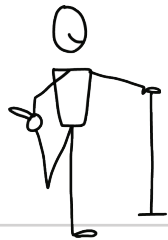
Activities that help me **transition** between projects.

For example, grabbing a fresh cup of coffee or having a brief chat with a colleague.



Activities help me **rest periodically and cool down** at the end of my day

For example, taking a stretch or meditation break, going for a run, doing an energizer with your team, or making a gratitude list.



SELF CARE

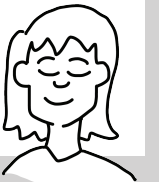
Practices that nourish your **BODY**.



Practices that nourish your **HEART**.



Practices that nourish your **MIND**.



Practices that nourish your **SPIRIT**.



Across all the categories, circle your top five most important self-care practices.

Home-joy:

- (1) Over the next week, work on just two self-care practices.
- (2) Incorporate a few of the energy renewal activities into your work day.