



Drawing the Line

Draw a line down the middle of the page.
On one side of the line list your needs i.e. the things that you feel are necessary to live a healthier life and maintain wellness at work.
On the other side list your non-negotiables: This list should reflect the ways in which you will aim to protect your needs to create the self care boundaries that keep you healthy enough to do your job.



Give space and time to how you feel

There are no correct ways to answer these questions. They are simply an invitation for self-reflection where it may feel helpful. Answer as many as you want, however you like.

DATE: *TODAY MY MIND IS*

TODAY MY BODY IS

TODAY MY SOUL IS

TODAY'S COMMITMENT TO MYSELF IS

HOW WAS MY ENERGY TODAY?

THINGS I DID WELL

THINGS THAT COULD HAVE GONE BETTER

REFLECTING ON MY MIND, BODY AND SOUL TODAY

TODAY'S WATER INTAKE

