

Weekend Balance Maker:

Moving from Work to Rest & Play

Four steps to reclaiming more balance in life! On Friday afternoon, or at the end of your work week:

1 Download

Note down:

- To-dos for the coming week and anything else that would otherwise be rattling around in your head
- Unresolved issues/problems that are awaiting solutions
- Five things you're most pleased with having accomplished/completed/resolved over the week
(This step should take no more than ten minutes)

2 Exit the building!



3 Your mantra

I've been at work this week and I've done the best I can with the resources I have. I might have noticed something I want to do differently in future.

Today I'm most satisfied that I ... (5 things or more achieved)

Now it is my time, and whatever I'm doing this weekend is for me. It is time for _____

(fun, relaxing, enjoying, exercising, socialising, nurturing, etc ...)

Tonight as I sleep deeply I can trust my unconscious mind to process the any loose ends for me, while my body is replenishing itself, and now it is my time ...

4 Feeling good *anchor*

Feeling satisfied, relaxed, looking forward to, anticipation ...