



## 5 killer steps to create work-life integration in your week

1) Identify 5 things that give you energy and charge you up e.g. morning walks, meditation, dinner with friends, eating well.

- a.
- b.
- c.
- d.
- e.

2) Identify 1 thing on this list that, if you could do it more in your week, would make the biggest difference to your energy level?

3) Ask yourself how many days of the week I could do this activity, be realistic

4) Ask yourself, on those days, what time of the day do I need to do this activity, to give myself the best possible chance of completing it.

5) Diarise this activity into your days and weeks as a key meeting and make it non-negotiable.

**Bonus step:** Tell someone about it that could hold you accountable for completing this activity.

