

WHEN DID YOU LAST ...

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Have a day off work 'just because'?

Have a weekend away?

Have a holiday or work break of more than 2 weeks?

Go for a walk or to a dinner party or a movie or other activity without your phone (on purpose)?

Accept a compliment fully, without conditions? (eg. without saying, 'Thanks, it was on sale' or 'Thanks, it's my sister's top' etc.)

Have a serious de-clutter at home?

Say 'no' at work?

Say 'no' at home/family?

Do something you find 'pampering'?

Invest in your physical and/or mental health?

Outsource a responsibility that's been weighing heavily? (eg. cleaning, gardening)



TAKING STOCK EXERCISE

LET'S GET PERSONAL - FOR YOUR EYES ONLY

HOW DO YOU RESPOND TO PRESSURE?

EXERCISE	30 minutes daily, regardless of how much work I have to do	Once or twice a week when I can	I haven't got time to exercise
DIET	Regular, healthy food choices for meals and snacks. Plenty of fresh fruit, vegetables, whole grains, protein, carbohydrates	Some healthy, and some poor food choices. Occasional over- or under-eating	Poor food choices due to little energy or time to prepare meals – lots of takeaways, caffeinated snacks etc
WATER CONSUMPTION	6-8 glasses per day	1-3 glasses per day	0-1 glasses per day
CAFFEINE CONSUMPTION	0-2 cups coffee or tea daily	3-4 cups coffee or tea daily	At least 4 cups coffee or tea daily. Couldn't work without it
ALCOHOL CONSUMPTION	Either a non-drinker, or alcohol consumption stays within healthy guidelines, with at least 2 alcohol-free days per week	Moderate alcohol consumption, fluctuating during the week – sometimes outside healthy guidelines	Moderate to heavy alcohol consumption. Use of alcohol to wind down and relax
TAKING BREAKS AT WORK	Wherever possible, I take regular short breaks(5-10 minutes away from my desk) usually at 90-minute intervals	I try to remember to take breaks when I can, with limited success	I have too much work to get through to stop for breaks. I usually only break to pour another cup of coffee/tea
BOUNDARIES BETWEEN WORK/LIFE	Despite high work pressure, I have clear boundaries between work and home. I rarely take work home, I easily switch off after work and I have plenty of energy for home	I have boundaries in mind, but struggle to control them. I often find it hard to switch off, often take work home and think about work quite a lot	There seem to be no boundaries between work and home. I take work home regularly, work long hours and/or work on weekends. Work keeps me awake at night
RELAXATION AND FUN	My life feels full, interesting and varied, with many personal interests and activities, for which I insist on making time. Outside work I can fully relax and rejuvenate	I wish I had more time to pursue my interests outside work. Sometimes I make time. I always say, 'I must do this more often', then other things get in the way. I find it hard to relax	I can't remember when I last felt relaxed or had fun. I feel like I'm wound up and stressed nearly all the time. I'm probably not much fun to be with, either
SLEEP	I have between 6-8 hours' sleep most nights, rarely have difficulty getting to sleep and usually stay asleep. I wake up feeling refreshed most mornings	I vary between about 5-12 hours' sleep, depending on what's going on. I often take a while to get to sleep, and sometimes wake up during the night, worrying	I don't get enough sleep, and the sleep I do get is often broken by worrying thoughts. I stay up late, often working, or wake up early. When I wake up, I rarely feel refreshed

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WHAT ARE THREE THINGS YOU ARE CURRENTLY PUSHING UPHILL?

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CAFFEINE CONSUMPTION	0-2 cups coffee or tea daily	3-4 cups coffee or tea daily	At least 4 cups coffee or tea daily. Couldn't work without it
ALCOHOL CONSUMPTION	Either a non-drinker, or alcohol consumption stays within healthy guidelines, with at least 2 alcohol-free days per week	Moderate alcohol consumption, fluctuating during the week – sometimes outside healthy guidelines	Moderate to heavy alcohol consumption. Use of alcohol to wind down and relax
TAKING BREAKS AT WORK	Wherever possible, I take regular short breaks(5-10 minutes away from my desk) usually at 90-minute intervals	I try to remember to take breaks when I can, with limited success	I have too much work to get through to stop for breaks. I usually only break to pour another cup of coffee/tea
BOUNDARIES BETWEEN WORK/LIFE	Despite high work pressure, I have clear boundaries between work and home. I rarely take work home, I easily switch off after work and I have plenty of energy for home	I have boundaries in mind, but struggle to control them. I often find it hard to switch off, often take work home and think about work quite a lot	There seem to be no boundaries between work and home. I take work home regularly, work long hours and/or work on weekends. Work keeps me awake at night
RELAXATION AND FUN	My life feels full, interesting and varied, with many personal interests and activities, for which I insist on making time. Outside work I can fully relax and rejuvenate	I wish I had more time to pursue my interests outside work. Sometimes I make time. I always say, 'I must do this more often', then other things get in the way. I find it hard to relax	I can't remember when I last felt relaxed or had fun. I feel like I'm wound up and stressed nearly all the time. I'm probably not much fun to be with, either
SLEEP	I have between 6-8 hours' sleep most nights, rarely have difficulty getting to sleep and usually stay asleep. I wake up feeling refreshed most mornings	I vary between about 5-12 hours' sleep, depending on what's going on. I often take a while to get to sleep, and sometimes wake up during the night, worrying	I don't get enough sleep, and the sleep I do get is often broken by worrying thoughts. I stay up late, often working, or wake up early. When I wake up, I rarely feel refreshed

TAKING STOCK EXERCISE

LET'S GET PERSONAL - FOR YOUR EYES ONLY

WHAT ARE THREE THINGS YOU ARE CURRENTLY PUSHING UPHILL?

AT WORK

IN YOUR PERSONAL RELATIONSHIPS

IN YOUR HOME

TAKING STOCK EXERCISE

LET'S GET PERSONAL - FOR YOUR EYES ONLY

WHAT ARE THREE THINGS THAT ARE PULLING YOU TOWARDS THEM?

(Three things that attract or inspire you, or that you do without having to 'find' motivation)

AT WORK

IN YOUR PERSONAL RELATIONSHIPS

IN YOUR HOME

I DON'T HAVE TIME

15-MINUTE WAYS TO SHAPE A LIFE YOU LOVE

THE WORKSHOP

TAKING STOCK EXERCISE

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WHAT IS LIFE TOO SHORT FOR?

WHEN DID YOU LAST ...

Have 24 hours+ away from the people who depend on you?

Have a day off work 'just because'?

Have a weekend away?

Have a holiday or work break of more than 2 weeks?

Go for a walk or to a dinner party or a movie or other activity without your phone (on purpose)?

Accept a compliment fully, without conditions? (eg. without saying, 'Thanks, it was on sale' or 'Thanks, it's my sister's top' etc.)

Have a serious de-clutter at home?

Say 'no' at work?

Say 'no' at home/family?

Do something you find 'pampering'?

Invest in your physical and/or mental health?

Outsource a responsibility that's been weighing heavily? (eg. cleaning, gardening)

HOW DO YOU RESPOND TO PRESSURE?

EXERCISE	30 minutes daily, regardless of how much work I have to do	Once or twice a week when I can	I haven't got time to exercise
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