


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	<p>Note down:</p> <ul style="list-style-type: none">• 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 <p>(This step should take no more than ten minutes)</p>
2	Exit the building!	
3	Your mantra	<p>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.</p> <p>Today I'm most satisfied that I ... (5 things or more achieved)</p> <p>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 ...)</p> <p>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 ...</p>
4	Feeling good <i>anchor</i>	Feeling satisfied, relaxed, looking forward to, anticipation ...