



**Home—Morning Routine**

- Pack the necessities: Lunch, drinks, etc.
- Have a morning routine (Morning walk, yoga, facial routine)



**Commute to Work**


- Check in with yourself on the drive into work
- Prepare yourself mentally and physically for work



**Arrive At work**

Daily Reflections/Goals:


- How are you feeling today?
- What do your body and mind need?
- What are your goals personally and professionally?
- How do you create a healthy work space when you arrive?



**Lunch**


Take time to step away from work to eat

- What do you need during this 30 minute break?
- Short walk, meditation, time outside



**Break 1**

- What do you need physically or mentally from this break?
- Examples -
- Connect with creativity
- Connect with Nature
- Connect with self and emotions




**Break 2**

- What do you need physically or mentally from this break?
- Examples -
- Connect with others
- Connect with senses
- Connect with your body

**breathe.**


**Commute Home**

- Reflect on the day
- How do you prepare yourself mentally and physically for home?



**Home—Evening Routine**


- How do you take care of yourself after a day of work?
- Do you prepare for the next day? (Pack lunch, prep clothes?)
- Have a routine for decompressing before bed




Workday Roadmap

Workday Roadmap

Home—Morning Routine



Commute to Work



Arrive At work



Lunch




Break 1

P, A, U, S, E

Break 2

breathe.

Commute Home



Home—Evening Routine

