

Find Your Balance

What

Guidance for a balanced daily structure

Why

The practice of gratitude and connection (whether with yourself, with others or with nature) increases your well-being

Setting realistic daily goals increases your self- efficacy experience, motivation and well-being

Joy helps you to master the tasks of the day with new energy and motivation

GRATITUDE

Things I am grateful for

1.

2.

CONNECTION

Ways to connect with myself,
with others and with nature

1.

2.

GOALS

Things I want to get
done today

1.

2.

JOY

Things I like to do

1.

2.