

# WORKDAY WELLBEING

Image placeholder



Small practices. Sustainable change.

**A reflective workbook exploring well-being, boundaries, movement, rest, connection, creativity and resilience in everyday working life.**

# Welcome

This workbook is an invitation to pause. There are no right or wrong answers. You may notice strengths you already possess, habits you would like to nurture, or areas of life asking for a little more attention. This workbook is for your own reflection and will not be collected.

**What would support you to get the most from today**



## Arrival Check-In

**Right now I feel:**

- Energised
- Calm
- Curious
- Focused
- Hopeful
- Tired
- Stretched
- Overwhelmed
- Distracted
- Uncertain

**One word that describes my current state:**

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**One thing I need more of today:**

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# My Wellbeing Landscape

**What is supporting me right now?**

- Sleep
- Movement
- Rest
- Boundaries
- Connection
- Creativity
- Purpose
- Time Outdoors
- Learning
- Play
- Nutrition
- Relaxation



## What would benefit from a little more attention?

- Sleep
- Movement
- Rest
- Boundaries
- Connection
- Creativity
- Purpose
- Time Outdoors
- Learning
- Play
- Nutrition
- 



## Work & Wellbeing

During a typical working week I regularly:

- Take breaks
- Move my body
- Step away from screens
- Eat lunch away from my workspace
- Connect with colleagues
- Finish work on time
- Stay hydrated
- Take time to reset between tasks
- add your own practices

**What is working well?**

**What feels challenging?**



# Listening To My Body

**My body often lets me know I need a pause when:**

- My shoulders tighten
- I become restless
- I lose focus
- I feel irritable
- My breathing becomes shallow
- I feel tired
- I struggle to concentrate
- I withdraw from others
- jaw clenching
- tired eyes
- my immune system struggles

**add your own observations**

**What signals do I most often ignore?**



# What Nourishes Me?

## Activities that help me feel more like myself:

- Walking
- Nature
- Music
- Reading
- Movement
- Creativity
- Rest
- Quiet Time
- Time With Others
- Learning
- Play
- Spiritual Practice
- add your own activities
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## Which of these have I made less time for recently?



# Boundaries & Capacity

**Which boundaries feel strongest?**

- Time
- Workload
- Availability
- Communication
- Energy
- Personal Time

**Which boundaries would benefit from more support?**

- Time
- Workload
- Availability
- Communication
- Energy
- Personal Time

**One boundary I would like to strengthen:**

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# Support & Connection

**When life becomes busy, I tend to:**

- Ask for help
- Manage alone
- Push through
- Withdraw
- Seek connection
- Focus on productivity
- Slow down
- Keep going
- nourish myself
- rest more
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**One source of support I appreciate:**

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**One source of support I could make greater use of:**

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# Aliveness, Joy & Creativity

**I feel most alive when...**

**I lose track of time when...**

**Something I used to enjoy that I might reconnect with is...**



# Looking Ahead

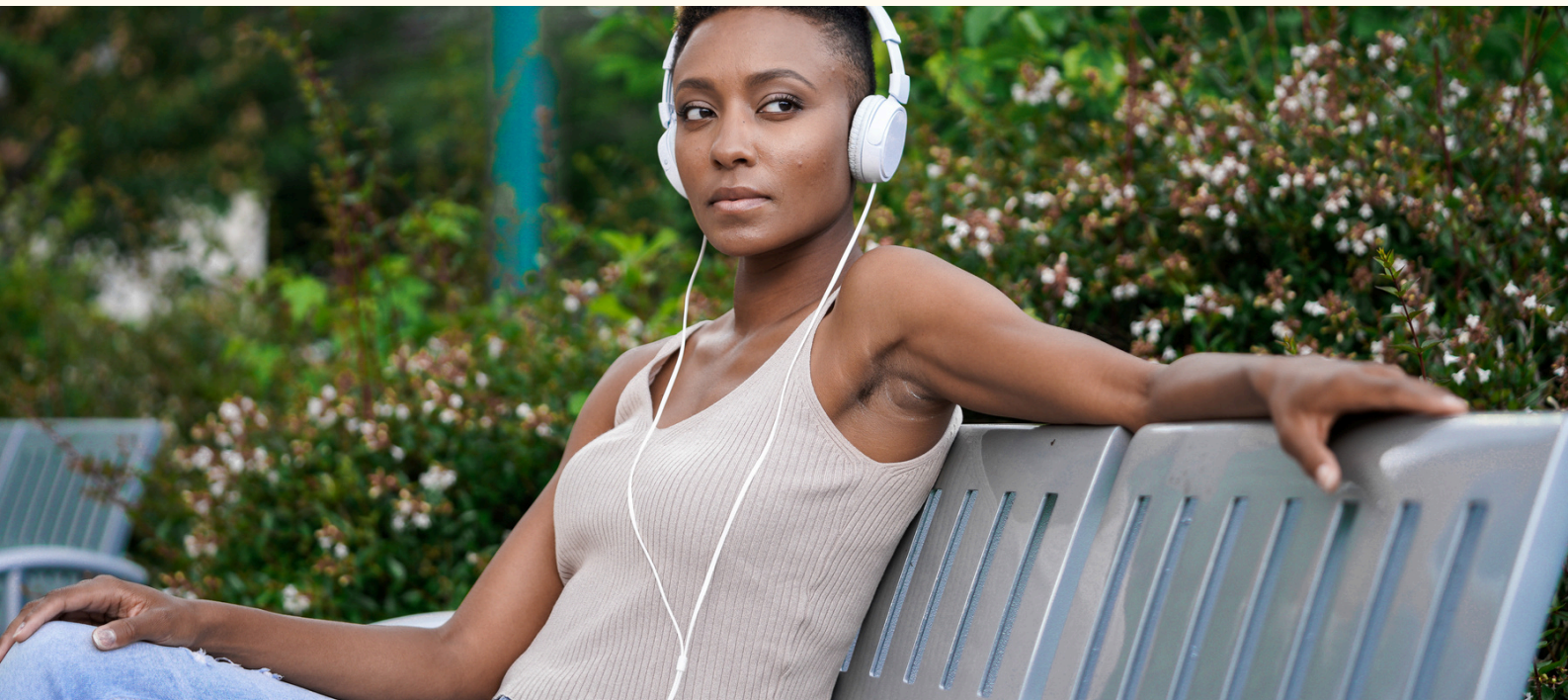
**One thing I would like more of:**

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**One thing I would like less of:**

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**One small act of care I can offer myself this week:**



# Closing Reflection

**One insight I am taking away:**

**One well-being practice I would like to strengthen:**

**One small action I will take in the next seven days:**

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Sustainable well-being is rarely built through dramatic change. More often, it grows through small acts of awareness, care, and consistency.

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