

# ARE YOU RECHARGING YOUR INNER BATTERY?

## DAILY SELF-CARE PRACTICES YOU CAN'T AFFORD TO SKIP

**Working longer doesn't mean that you're more productive.** It's actually more likely to make you less productive when basic self-care is neglected.

Over time, working from home can make it easy to overlook how much we've sacrificed our own wellness just to finish up that "last" bit of work.



LEAD WELL  
FUTURE OF SEL

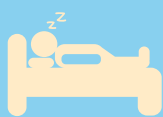
Like machines, humans have an energetic input and output (I/O). **We must balance the flow of energy across our I/O to prevent debilitating mental and physical burnout.**

Take a moment to honestly reflect on your own energetic I/O over the last 24 hours using the table below. Are you inputting as much energy as you expect to output?

### INPUT

### OUTPUT

I made time to **sleep** for at least **7 hours** before I started my day...



so that

...my **mind** and **body** are **recharged** and **effective**.



I've taken at least **2 breaks** from mental stimulation today...



so that

...I can **clear** the **distracting mental noise** my mind collects.



I've nourished my body with enough **healthy food** and **water** today...



so that

...I have **enough** mental and physical **energy** to **achieve** my goals.



I've taken at least one 5-minute break to **move** and **stretch** my **body**...



so that

...I can reduce physical distress and **manage** my **emotions** better.



I made time to **socially connect** with **someone** **important** to me...



so that

...I **nurture** **relationships** that promote **healthy** **life-balance**.



Before bed, I will **reflect** on areas for **growth** and **celebrate** my **victories**...



so that

...I give myself **grace** for **being human** and grow my **self-worth** because I am **me**.

