

A Brilliant Day WFH Tool Kit:

Routine: My commute to work is...

STEP 1:

STEP 2:

STEP 3:

Routine: My commute home is...

STEP 1:

STEP 2:

STEP 3:

Exercise/time outside

Aim:

Achieved

Exercise/time outside:

Serotonin boost (Exercise/ Sunlight)

Dopamine boost (Goal completed)

Oxytocin boost (Exercise with someone!)

Endorphin boost (Exercise/Endurance)

A Brilliant Day WFH Tool Kit:

Today I complemented or was proud:

(Serotonin boost)

A large, solid orange rectangular box intended for journaling or writing notes related to the 'Serotonin boost' prompt.

Today I have achieved:

(Dopamine boost)

A large, solid orange rectangular box intended for journaling or writing notes related to the 'Dopamine boost' prompt.


Today I laughed at:

(Endorphins boost)

A large, solid orange rectangular box intended for journaling or writing notes related to the 'Endorphins boost' prompt.

Today I used technology to stay in touch with:

(Oxytocin boost)

A large, solid orange rectangular box intended for journaling or writing notes related to the 'Oxytocin boost' prompt.

CONCLUSION - A GREAT DAY WORKING FROM HOME

SET YOUR BOUNDARIES (lower stress as much as possible)

A good workstation

Structure Your Day

Rules for technology

Pause and take time to notice

BUILD SELF ESTEEM

Set small goals and celebrate

Express pride

Notice your influence

COLLABARATION AND CONNECTIONS

Be Trustworthy

Call on your current connections

Put yourself out there

FOLLOW UP ACTIONS -

- ✓ Improve your workstation
- ✓ Review the structure of your day
- ✓ Review how you use technology

- ✓ Focus on a project
- ✓ Define your project
- ✓ State how you will work towards it

- ✓ Review as a team how you can collaborate remotely
- ✓ Brainstorm ideas for better collaboration with stakeholders

