

MY BEAUTIFUL WORK DAY

Design a day at work that feels energising, purposeful, and aligned with what matters most to you, a day that is achievable in your current role and environment. Write it out in detail, then schedule it in your calendar and commit to bringing it to life.

When planning your Beautiful Work Day, consider the following prompts:

Who will you spend your day with?

Where will you spend your day?

What activities will fill your day?

Why have you chosen these activities and moments?

Is there anything else you would like to add?

PUTTING IT ALL TOGETHER

Now that you've completed the prompts, it's time to design your day. Pull everything together into a clear, meaningful plan, your version of a Beautiful Work Day that feels achievable and inspiring.

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REFLECTIONS

Were you successful in creating and living your Beautiful Work Day?

Has your perception of a Beautiful Work Day changed?

How does your Beautiful Work Day connect to your professional goals?

Other insights:

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