

Summer Wellbeing

CHECKLIST

No	MENTAL AND PHYSICAL	✓
1	Progressive Muscle Relaxation	☐
2	Guided Body Scan Mediatation	☐
3	Quiet time	☐

No	RECONNECT WITH JOY	✓
1	Start a joy journal	☐
2	Engage in a 'flow' activity	☐
3	Create a joy playlist	☐

No	SHIFT YOUR SCENERY	✓
1	5-4-3-2-1 Grounding Practice	☐
2	20 Minutes Daily in Nature	☐

No	LEARNING AND GROWTH	✓
1	Listen to a podcast	☐
2	Explore free CPD courses online	☐

No	MEANINGFUL CONNECTION	✓
1	3-3-3 rule	☐
2	Schedule a coffee catch up	☐
3	Send a Gratitude note	☐

No	SELF-CARE	✓
1	Digital Detox Hour	☐
2	No Obligation Day	☐
3	Declutter one small space	☐

NOTES