

SUCCESS RHYTHMS

Daily and weekly rhythms of work and rest are foundational for optimum performance, good health, and overall wellbeing. You have a daily working rhythm. The question is whether it is serving you well. This exercise will help you in identifying your current rhythms and to make improvements.

- **How has your daily work rhythm changed as a response to the shutdown?**
- **What is working, what is not? What can you change?**
- **At what times of the day do you have the best energy? What times do you have the lowest?**

SUCCESS RHYTHMS

Improvement takes dedication and practice. Take each day as a learning opportunity.
You've got this!

- **Brainstorm ways to change up your work rhythm for higher productivity. Schedule important priorities and creative work at your highest energy levels of the day.**
- **Define the new structure in your day – map out what would your best day look like. Include something positive, work, exercise, meditation, family time, rest and relaxation.**

SUCCESS RHYTHMS

Define the new structure in your day - include something positive, work, exercise, meditation, family time, rest and relaxation.

Your Success Day!

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JANELLEBRULAND

SUCCESS RHYTHMS

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SUCCESS RHYTHMS

Your Success Week!

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