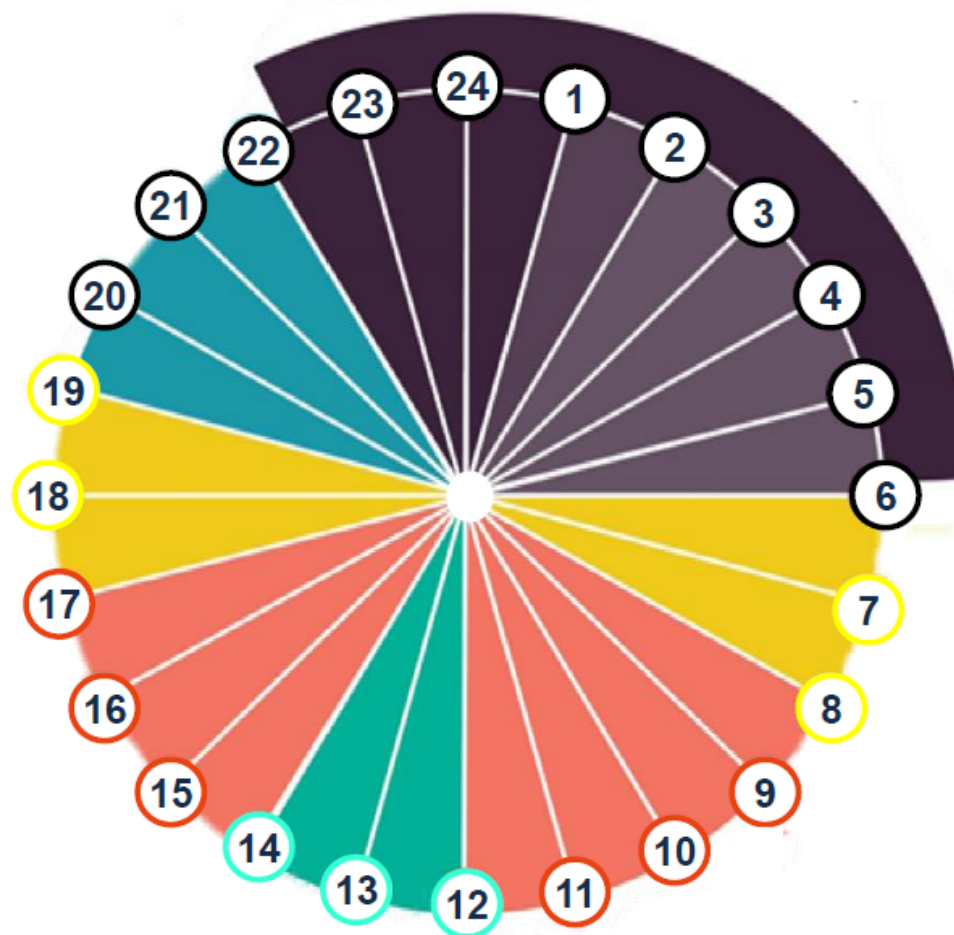


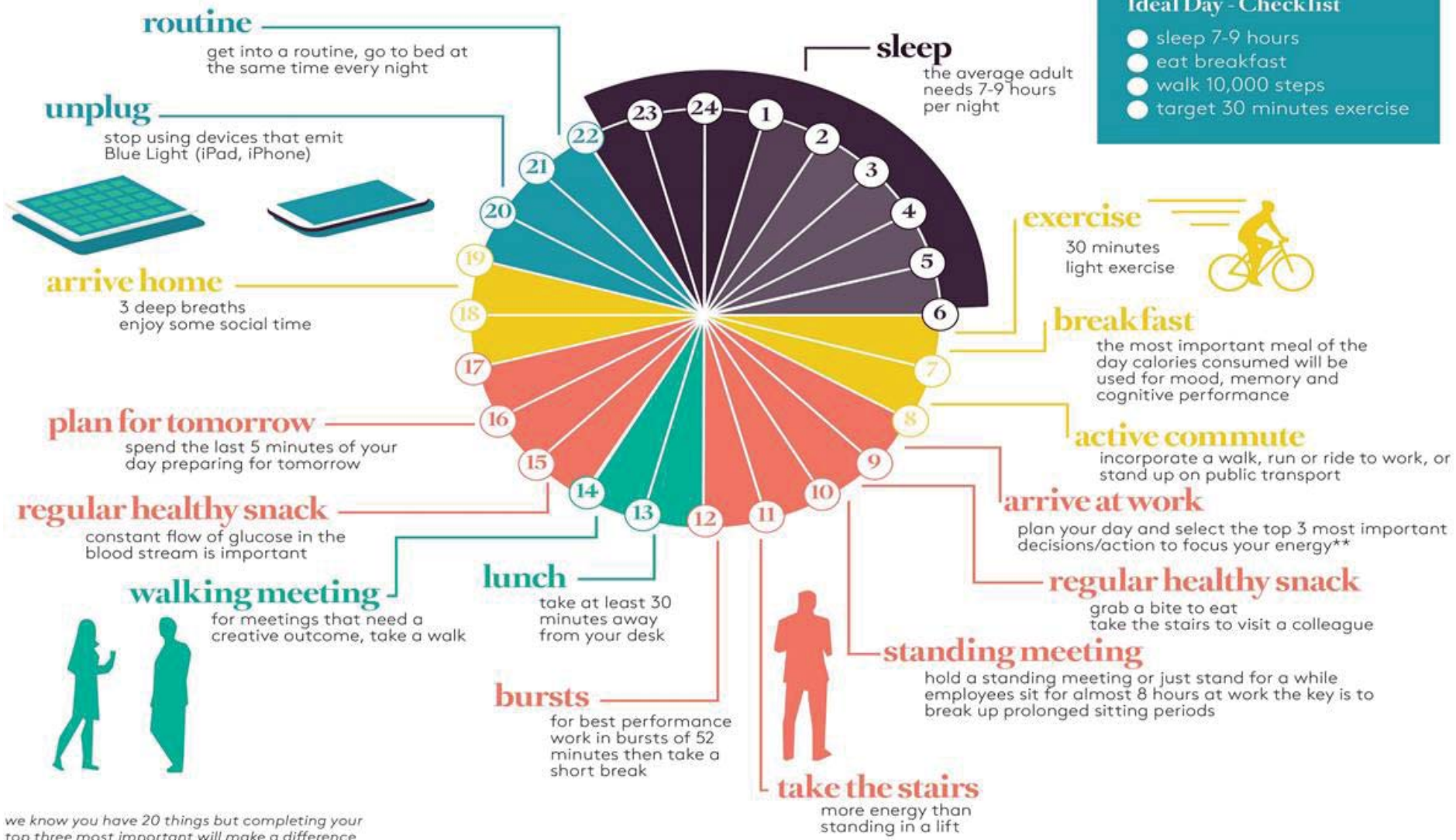
What Could Your Ideal Day Look Like?

What could you do each day to help you thrive? What time will you get up, start work, eat, got to bed? In between, what habits can you add into to help you be at your best? Walking meetings, self compassion break, micro break to stretch, a five minute favor, connecting with others, being in nature etc. See example on next page.



Ideal Day - Checklist





- sleep 7-9 hours
- eat breakfast
- walk 10,000 steps
- target 30 minutes exercise



we know you have 20 things but completing your top three most important will make a difference

My Hope Map -

Name: _____

Pathway (3 ways I will move toward my Hope)	Activity (3 per pathway)	By When	Who might help me with this action?	My Hope (the future I'm shooting for) in each of the domains of my life
1.	1. 2. 3.			
2.	1. 2. 3.			
3.	1. 2. 3.	