**Workday Roadmap**

**Arrive At work**
- Daily Reflections/Goals:
  - How are you feeling today?
  - What do your body and mind need?
  - What are your goals personally and professionally?
  - How do you create a healthy work space when you arrive?

**Commute to Work**
- Check in with yourself on the drive into work
  - Prepare yourself mentally and physically for work

**Home—Morning Routine**
- Pack the necessities: Lunch, drinks, etc.
  - Have a morning routine
  (Morning walk, yoga, facial routine)

**Lunch**
- Take time to step away from work to eat
  - What do you need during this 30 minute break?
  - Short walk, meditation, time outside

**Break 1**
- What do you need physically or mentally from this break?
  - Examples -
    - Connect with creativity
    - Connect with Nature
    - Connect with self and emotions

**Break 2**
- What do you need physically or mentally from this break?
  - Examples -
    - Connect with others
    - Connect with senses
    - Connect with your body

**Commut Home**
- Reflect on the day
  - How do you prepare yourself mentally and physically for home?

**Home—Evening Routine**
- How do you take care of yourself after a day of work?
  - Do you prepare for the next day? (Pack lunch, prep clothes?)
  - Have a routine for decompressing before bed