

In Bloom Project

We help companies capitalise on their #1 asset, their people.
We do this by improving the wellbeing of individuals, teams, and leaders.



**IN GOOD
HEALTH**

10 Healthy Work Habits

1 Assess your work-life balance

→ Put a 20 minute recurring calendar invite with yourself where you assess your work-life balance

2 Leave work on time [and respect your boundaries]

Remember the 3 reasons why you need to respect this:

- 1 #1: Downtime Aids Insights
- 2 #2: Downtime Helps Recharge the Energy Needed to Work
- 3 #3: The Work That Evening Downtime Replaces Is Usually Not That Important

3 Set boundaries on when you check your work email

→ Think twice about setting up work email notifications on your phone, and be strict about not checking emails when you first wake up, and before bed.

4 Make a daily habit of writing down 3 things you're grateful for

→ You can do this around the dinner table too, and elect a new family member to share their gratitude every day.

→ There's a lot of published science today that shares the multitudes of benefits that come from writing down what you're grateful for.

5 Use your paid time off You have it, use it

6 Remember "Big 3" pyramid



7 Make one of your 1:1s a walking meeting

→ Remember to tell the other person ahead of time, so they can be walking too.

8 Know when to delegate & Ask for help when you need it

→ Roles are dynamic and every-evolving, it happens to all of us to take on too much. Be mindful of those moments when they happen.

9 Take micro breaks during the day

- Go for a short walk outside in the sun.
- Listen to 1 song you enjoy.
- Listen to a meditation by Headspace.
- Call a friend.
- Text your husband/wife

10 Have a written wellbeing protocol

→ If you've attended our workshops you know how strict we are about having this.

→ Create yours using [this template](#) today.



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