

EXERCISE: RECOVERING

THINK ABOUT WHAT KIND OF RECOVERING AND RELAXING MOMENTS YOU HAVE IN YOUR LIFE DAILY, WEEKLY, OR YEARLY.

You can be refreshed by taking breaks during the workday or your studies, or when walking your dog in the evening. Write down what kind of relaxing time you would need more.

1. DAILY

2. WEEKLY

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for users to write their weekly notes or reflections.

3. YEARLY

A large, empty rectangular box with a thin black border, occupying the majority of the page below the section header. It is intended for the user to provide content related to the '3. YEARLY' section.