

Daily resilience working from home checklist

Date: _____

Morning checklist

YESTERDAY

- How would you rate your overall effectiveness yesterday?
- How would you rate your exercise and movement yesterday?
- How would you rate your recovery, use of breaks and protection of boundaries?
- How would you rate your sleep last night?

SCALE:

Excellent = 10 Average = 5 Terrible = 1

Did you protect yesterday's most important boundary? **YES / NO**

TODAY'S MOOD

- How purposeful do you feel today?
- How motivated do you feel today?
- How energetic do you feel today?

SCALE:

Extremely = 10 Middling = 5 Terrible = 1

TODAY'S FOCUS

Are you clear on your main priorities for the day? **YES / NO**

Do you have small breaks in your day planned? **YES / NO**

What is the most important boundary to protect today?
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If you were advising someone else how to handle your day ahead, what would you advise them?
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Evening checklist

What have you achieved today?
(DON'T skip this question and small wins count!)

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Is there anything you can learn from today you could do better tomorrow?

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Can you identify tomorrow's priorities now? **YES / NO**

Can you make tomorrow morning easier in any way (for example, clear your desk, write down your priorities, print out your diary)? **YES / NO**

Do you have something you are now looking forward to (i.e. this evening)? **YES / NO**

What is it?
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