

5-Day Workplace Wellness Reset Journal Reflections



Use this fillable worksheet to track your reflections from the 5-day challenge during Be Well, Be Safe Week. Submit your completed reflection sheet by Friday May 14, 2021 to wellnessatwork@uoguelph.ca for your chance to win a prize! Winners will be randomly selected.

Name: _____

U of G Email Address: _____

MINDFUL MONDAY

- Was it hard to stay focused and mindful while completing your activities? Why or why not?
- How might you incorporate mindfulness into your everyday life from now on?

TAKE A BREAK TUESDAY

- How did your break(s) feel? Did they help you feel re-energized and focused?
- What could you have done better to benefit from your break(s) more?

WORK-LIFE WEDNESDAY

- How did you feel managing your work and life differently?
- Did you feel more effective at balancing them because you were being proactive?

THANKFUL THURSDAY

- Did you find it difficult or easy to find things to be grateful for at this time?
- How did focusing on what you were thankful for impact the rest of your day?

FRIENDSHIP FRIDAY

- What did you learn from connecting with others virtually?
- How did you feel after you connected with others?
- How can you continue letting your friends know you care in the long-term?

Adapted with permission from Workr Beeeing.