

10 minutes to

APPRECIATE A FRIEND

_____ / _____ / 2023

There is real power in joyful relationships. The longest-running study on longevity found that people who are more socially connected to family, to friends, and to community are happier. They're also physically healthier and they live longer than people who are less well connected.

So take 10 minutes to recognize and appreciate a special friendship!



My Friend _____

what I like best about them _____

3

WORDS THAT BEST DESCRIBE THEM

- _____
- _____
- _____

3

WORDS THAT SAY WHAT THEY MEAN TO ME

- _____
- _____
- _____

1

THING I CAN DO TODAY TO LET THEM KNOW HOW MUCH I APPRECIATE THEIR FRIENDSHIP

- _____

10 minutes of ME MOMENTS

week of: _____ / _____ / 2023



Many overachievers feel the need to be productive every moment of every day. But staying constantly productive with tasks can contribute to us experiencing burnout. So remember to take 10 minutes for YOU each day. Don't worry about accomplishing something or learning something. Just relax, replenish and restore yourself. You deserve it!

Identify a few things that are just for you and make sure to make time for at least one of them each day. Need some suggestions for Me Moments? Visit bit.ly/JoyMeMoments

My Me Moments

Sun Mon Tue Wed Thu Fri Sat

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10 minutes to focus on **CORE STRENGTHS**

_____ / _____ / 2023



Focusing on the strengths that define you and taking them to the next level will help you achieve all of your goals. If you can't think of any strengths, focus on the strengths that make you say, "This is fun!" or "I could do this forever." These are your most joyous strengths. These are the strengths that will energize you and help you reach your goals.

Need some help identifying your Core Strengths? Visit bit.ly/JoychieverStrengths

MY STRENGTH IS...	→	I CAN BOOST IT BY...
MY STRENGTH IS...	→	I CAN BOOST IT BY...
MY STRENGTH IS...	→	I CAN BOOST IT BY...

10 minutes to reflect on my SLEEP HABITS



Many overachievers don't get enough sleep, and may acclimate to this sleep-deprived state. This can lower alertness, reduce energy, increase need for caffeine, and decrease performance. More importantly, it may start you on the slow road to poor health, compromised mental aptitude, and even death. So make sure to get enough sleep!

Paying attention to what you're doing in the hour before you go to bed can give you a lot of insights into how you may be sabotaging your energy and health. Need some Sleep tips? Visit bit.ly/JoychieverSleepTips

My activities 1 hour before bedtime

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
ACTIONS THAT PROMOTE HEALTHY SLEEP Read a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listened to music/soothing sounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practiced deep breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journalled/reflected on my day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consumed a cup of herbal tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ACTIONS THAT IMPEDE HEALTHY SLEEP Used computer/electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watched TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consumed a snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consumed alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How I felt the next day...
Rate from 1 - 5 (5 = energized, 1 = exhausted)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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