

awareness

I could be doing a better job with my team here:

Energize

Systemize

Appreciate

Separate

action

I can commit to this next step:

Create a team water challenge

Encourage folks to get outside at least 1x a day

Identify items to batch

Pre-populate calendar blocks

Make a running list of wins

Aim to appreciate 1 person/day

Suggest folks have a daily end time

Have a specific "no work" zone

Establish a "no email before breakfast" ask

Share the day-part assessment

Suggest a group meal planning channel

Teach the use of a daily Top 3 list

Call out specifically in meetings

Counter every complaint

Keep tabs on vacation balance

Suggest a "no-work during meals" rule