

mapping out a balanced day



How could you change your routines to ensure you get a balance of care, slow, synch and flow modes that works for you?

Are there activities that you identified in the previous worksheets that could be added? Are there unhelpful activities that you could replace with something more helpful or positive? It's good to start by making small changes and building new routines over time. Note any differences the new activities make to how you feel in the mood and energy ratings.

Routines & Time	Activities	Where are you and who with?	Mood Rating (1-10)
Start of the day			
Morning			
Mid-day			
Afternoon			
Evening			
End of the day			
Night			