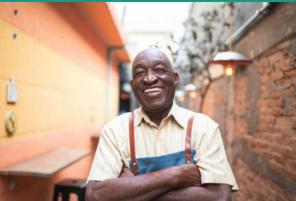
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SESSION 5: THE HAPPINESS FACTOR

	7. 10.0			
		Did you know that being happy a Most people believe th being healthy — but really, i Use this sheet to focus on v	at happiness follows t's the other way around.	
	OU BOOST HAPPINESS? est to you? Write down your fa			
<u>.</u>				
2: PHOTO HUN7 Pick 3-4 photos that i	T make you happy & describe th	em here:		
\bigcirc				
How did you feel who	en looking at those photos? (e	.g. light, warm & fuzzy, enerized, etc.)		
Ö				
3: WHAT'S YOUI What are all the thing	R HAPPY? gs you can try to increase hap	piness?		
\otimes		\otimes		
\otimes		\otimes		
\otimes		\otimes		
What's your own pers	R SELF-CARE GOAL? sonal goal for self-care? (e.g. fi , reducing stress, or developing	inding more time for "me" time, improving o	verall sleep quality, getting in touch wit	h
\circ				
What's one small ste	p you can take TODAY?			
Ö				
6: WHAT MOVES What are some ways	S YOU? that you love to move your bo	ody?		
\otimes		\otimes		
\otimes		\otimes		
7: MAKE A MOV Fill in the blank				
I currently spend	minutes moving my body ir	ntentionally everyday. I already	everyday.	

_____. I will schedule time to try it ___



I've always wanted to try _____

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SESSION 6: MIND TUNE UP

Use the Wheel of Life for finding your focus and balancing your energy to manage stress, and then refer to this sheet for exploring feelings of depression and how to manage to manage them. Plus, learn about sick days and come up with your own plan for how to handle them.

1: THE LOW DOWN ON FEELING LOW Which strategies would be most helpful to you when you find yourself feeling low? (circle)				
Move more Sleep more Spend time with others Help others Si	nile Get outside Just breathe Meditate			
Practice gratitude Create a routine Try something new Light the	rapy Vitamins & supplements Depression-fighting food			
Talk it out Other:				
2: WHAT ARE YOU GRATEFUL FOR? Write down 3 things that you're grateful for in this moment.				
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\otimes				
\otimes				
3: SICK DAY PLAN				
Check blood sugar every 3-4 hours	Ask your pharmacist about over-the-counter meds			
Ask about adjusting insulin dosage	Stay hydrated & eat some carbs			
4: BLOOD SUGAR TRIGGERS What are some things you have noticed that affect your blood sugar?				
What can you do to reduce those triggers?				
\odot				
O				
What triggers your triggers?				

How have you successfully dealt with those triggers in the past? Or how could you in the future?

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