

## Take the attached Stress Survey and then set a goal to Recharge Daily

What does it mean to recharge? What recharges you? Are you regularly recharging? When it comes to recharging, everyone does it differently. Think about what energizes you, and spend some time doing it each day. Consider upgrading your current recharging activities to ones that are even more satisfying. When you are fully charged, you feel positive emotions and interact better with others. You are more resilient when confronted with problems, and can deal better with pain. Recharging lowers stress levels, which can strengthen your immune system and increase your lifespan. (21 habits, Habit 21)

## **Small Habits**

**Reflect daily**. Set aside some time each day to be alone and meditate, pray, ponder, plan, journal, write letters, walk, or spend time in nature. When you reflect you take time to consider what you are thankful for, what you have learned, and what you can do to change things for the better.

Goal:	
<b>Create daily</b> . Try to develop an outlet such as music, writing, dance, artwork, or gardening. Creating stimulates you mind and gives you a sense of identity.	ır
Goal:	
<b>Learn daily</b> . Whether you read a book, take a class, visit a museum, speak with an expert, or experience another cu try to learn something new every day. Focus on things you care about. Develop an area of expertise. Learning will stimulate your mind and help you better understand your place in the world.	
Goal:	
<b>Play weekly</b> . Set aside some time each week to play a game, go on a picnic, hike, camp, cook, visit with someone, wa movie, or play a sport. Invite friends to join you or do it by yourself, whichever energizes or relaxes you. Do some that you truly enjoy—something that is not part of your daily routine.	
Goal:	
Set your goals on what you want to do to recharge. Each day you perform a goal in one of the categories and recharge, mark i	t.
(When you achieve 45 days return the form to receive a gift card.)	

Name\_\_\_\_\_ Use this form anyway that works for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total