

# HACK YOURSELF | ACTIVITY SHEET 1

## CHANGE THE ENVIRONMENT, TAKE A BREAK

### SAME PLACE/LOCATION

### WHERE I FIND INSPIRATION

(Unusual is allowed!)

e.g	The kitchen table – I'm distracted by everything, the door knocks, I'm disturbed by people coming in and out, I can't get anything done.	Local Park – I'm completely at ease here, it doesn't matter if it's raining sometimes that's better because I'm alone with my thoughts then. I like to walk here for a few hours, it clears my mind and I always see something that peaks my interest!
1		
2		
3		
4		
5		

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### TASK LIST

### TAKING A BREAK

e.g	Working from home – I seem to start work earlier, have shorter lunches and finish later!	Scheduled breaks – I'm going to start and finish work at the right times, and I'm going to get some fresh air for 5 minutes every hour. I think I'll open a window
1		
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