

Daily well-being checklist

Adding all (or some) of these aspects will help you build a foundational routine to promote psychological well-being.



Do your Mygrow droplet

Start your day on the right note with the learnings from your droplet and daily technique. Do it as you wake up or sit down at your desk.



Self-talk

Each morning say 3 positive things to yourself that affirm who you are and what you are good at. This will remind you of your competence. This a particularly powerful practice for when you are feeling overwhelmed or out of your depth at work.



Reach out and connect with others

During your breaks, connect with a different colleague each day.



Organise your space

Take 10 minutes to organise your work-space and head-space for the day. Being comfortable and having clear daily priorities will help you feel on top of things.



Get active

You may be feeling sluggish and lethargic at work. That's ok, we're all human. Adding physical exercise to your routine can help with this. Start or end your day with something to kick your cardiovascular system into gear.



Boost confidence

Do one fun thing each day that you are good at. This could be baking, DIY-jobs, playing an instrument or gardening.



Eat mindfully

Plan your lunch the night before. This will ensure you're eating wholesome and energy-increasing meals during the day at work. It's a game changer.



Quiet your mind

Prepare your mind before bedtime by putting electronics away an hour before sleeping and doing something relaxing (practise mindfulness, deep breathing, read or do stretches).

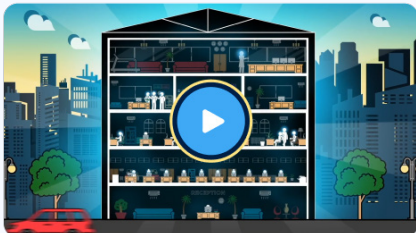
Did you learn something new?

If this resource helped you discover fresh insights, imagine what consistent emotional intelligence growth could do!

Ready to dive deeper? Explore more free resources and take your development to the next level with a [7-day free trial](#) of Mygrow. Get hands-on with our research-backed, practical tools and see how EQ growth can transform you.

If you're considering Mygrow for your organization, let's chat! [Book a meeting](#) today and explore how we can help your team build stronger leadership, reduce turnover, and create a flourishing workplace culture.

How does it work?



Does it really work?

