

Leaving Work at Work

Find a way to put the day down when you get home, even if it stays unfinished.

WHEN TO USE THIS

Use this if work keeps following you into the evening.

What is still running in your head after you finish for the day?

How much of your evening does work take up?

0	1	2	3	4	5	6	7	8	9	10
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None of it

All of it

Name three things that could mark the end of the day for you.

A walk, a shower, changing clothes, shutting the laptop.

1.

2.

3.

Pick one to try tonight. Write it here.

The work will be there tomorrow. Tonight is allowed to be yours.