



1



2



3

WELLNESS

MOVEMENT & RECOVERY
 Movement and rest in balance are vital for health and happiness.

NUTRITION
 Are you fueling your body with the nutrients you need to perform at your best?

4

ORGANIZATION

ROUTINE
 A flexible routine supports the ease and flow of your day.

PLANNING
 Home and work life benefit from pre-planning in order to achieve your desired outcome of balance.

5

MINDSET

PURPOSE & GOALS
 Our purpose in life gives a focus to direct our energy.

EMOTIONAL ENERGY
 When we envisage our life as we would like to live it, we imagine a state of happiness, joy or contentment.

6

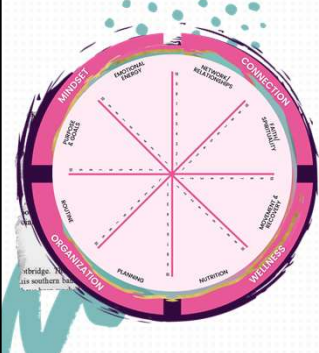


CONNECTION

FAITH / SPIRITUALITY
Our beliefs and values are a source of constant energy and inspiration to us.

NETWORK / RELATIONSHIPS
Our network of support may be formed within our immediate household, our family circle or a wider network of friends or colleagues.

7



MAP OUT YOUR RECHARGE FRAMEWORK NOW...

For each section mark the score out of 10 that feels right for you.

You can also note any ideas or inspiration that comes to you as you complete the framework.

8
