Working Remotely Best Practices:
Your Tips to Staying on Track in Stressful Times
REWARDS & CHALLENGES
REWARDS & CHALLENGES – WE ARE IN THIS TOGETHER
Hello…Nice to meet you fellow remote employees
Solutions are within reach

• Uncover establishing boundaries in the new norm.
• Navigating staying sane & productive (yes, at the same time).
• Focus on energetic shifts for success.
• Gain routines that rule.
SACRED SPACE
HONOR YOURSELF
• SET WORK HOURS
• CREATE A REWARDS SYSTEM
• TAKE SHORT BREAKS
ATTITUDE IS EVERYTHING

DO THIS vs. NOT THAT
What Zaps My Energy?
ORGANIZE FOR SUCCESS

- Boundary Basics
ALARMS ARE YOUR FRIEND
“Energy isn’t unlimited”
Lunch Break = Maximize
**Intention Scheduler**

**Gratitude:**

**Intention:**

**Reward:**

**Appointments:**

**Want To:**

**Notes:**

**Looking Forward:**

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**Today’s Office Hours:**

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**My Gratitude ~**

**Today’s Intention ~**

**My “Want To’s”**

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**Notes**

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**When my day is done I get to look forward to:**

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Take Heart…

We will all get into a rhythm of this brave new world together.
Thank you!

Yoga Video that I referred to earlier in the presentation