



The Hive of Wellbeing Limited

My Changing Relationship with Work – Looking at Week-to-Week

Environmental, Physical, Mental and Emotional Aspects – refer to the slides in the PowerPoint on Environment, Physical, Mental and Emotional Aspects of Working from Home

This Week

What is working well?

What do I continue to need?

What needs to change?

Next Week

What is/are my key
focus/intentions?

What do I need to achieve this?

What key action(s) will I take?