

# THE **BOSS** HAT

## *Programme*

## LOOKING AFTER YOUR HAT

### Lesson 5 - Self Care

- Do you check your phone first thing in the morning?
- Do you spend your mornings rushing to get ready?
- Do you miss breakfast?
- Do you eat at your desk?
- Is your first drink when you get into work?
- Do you work all day without a break?
- Do you go through the day without getting any fresh air?
- Do you regularly miss lunch?
- Do you do work at home at the expense of doing other things?
- Do you regularly miss your evening meal?
- Do you answer or read emails throughout the evening?
- Do you check your phone last thing at night?
- Do you find that there's not much time for hobbies or relaxing?
- Do you regularly work at the weekends or on holiday

ACTIONS:

A large, empty rectangular box with a black border, intended for writing actions. It occupies most of the page below the 'ACTIONS:' label.