

# THE **BOSS** HAT *Programme*

## LOOKING AFTER YOUR HAT Part 2 - Lesson 1 – Addicted to being busy

If you were suddenly given more space in your day to think, and you had more time to get things done, and didn't feel 'busy', what would that be like? Write down both the positives and negatives here.



Write down how you'd like to feel at the end of your day ideally.



Write down what you say to yourself when you're busy.

A large, empty rectangular box with a thick black border, intended for writing down self-talk during busy periods.

Reframe these sentences into positive phrases and add them to your list.

A large, empty rectangular box with a thick black border, intended for reframing negative sentences into positive phrases.

NOTES:

A large, empty rectangular box with a black border, intended for taking notes. It occupies the central portion of the page.