



Transitions Guide

Chances are that you dropped everything when we went in to lockdown. The morning routine, the lunch time walk and the home time snooze on the train. Now is the time to rethink our morning, lunch and evening transitions between home and work, and get some time back for YOU!

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Transitions Guide

Thanks for requesting the guide, I hope you find it useful!

Before you start make sure you put aside some time for this exercise, this is your investment in yourself!

Get a cuppa, put a Do not Disturb sign up and take time out to really think about what has happened to your routines.

There's a lot that has changed.

What has changed in your travel habits? Have you lost the commute and gained an hour or two?

What have you replaced it with?

Are you now at home and at your computer all day? How many breaks do you have? Do you get to go outside at all?

Did you used to exercise and now can't get motivated? Or did you find time to go to the gym during lockdown but now that you've gone back to work it's all gone to pot?

Are you finding that evenings and work times are merging in to one? Are you picking your phone up a lot? Are you checking emails before you've checked in on your kids?

What things are you missing that used to be key? A peaceful cuppa, singing to the radio, a cuddle?

Somethings we can do ourselves, sometimes we will need to ask for help, or talk to people at work or at home. In your plans, make sure you note down not just what you will do, but who needs to be involved to help make it happen.

Let me know how you get on!

Della

Before work Transitions Planner

Making time for me

My pre-lockdown routine

My current routine

My new routine - my commitment to myself

Lunch-time Transitions Planner

Making time for me

My pre-lockdown routine

My current routine

My new routine - my commitment to myself



Della Judd Ltd
Changing the way we work

After-work Transitions Planner

Making time for me

My pre-lockdown routine

My current routine

My new routine - my commitment to myself