

# WELL-ROUNDED

## *self care*

*Emotional*

### **MEDITATE**

Notice your breath  
moving in and out of  
your body

*Physical*

### **DO YOGA**

Stretch your body and  
calm your mind

### **JOURNAL**

write about your  
spiritual experiences  
and learnings

*Spiritual*

### **BUY A PLANT**

Water it and watch it  
grow

*Environmental*

### **ORGANISE A SKYPE DATE**

catch up with a friend  
for a virtual cup of tea

*Social*

### **LISTEN TO A PODCAST**

Enjoy some  
interesting (and free!)  
education

*Intellectual*

# WELL-ROUNDED

## *self care*

WRITE YOUR OWN IDEAS

*Emotional*

*Physical*

*Spiritual*

*Environmental*

*Intellectual*

*Social*

THE DAILY GURU