

Find someone who...

tries to spend time exercising to de-stress and keep fit.	constantly checks on emails when on the go.	feels relaxed and comfortable when at home.	schedules their vacation time.	manages not to check their social nets during worktime.
doesn't take work home with me.	takes a worthwhile lunch break of at least 30 minutes.	prioritizes tasks and does them step by step.	doesn't feel anxious or upset because of what is happening at work.	regularly enjoys hobbies or interests outside of work.
speaks up to the boss if their workload is too much.	uses all their allotted vacation days.	BINGO	doesn't feel guilty because they can't make time for everything they want to.	has time to do something just for themselves every week.
joins social groups in their free time.	shuts off all work-related communications after work.	leaves extra-time for management and declutter.	has enough time for their household tasks.	normally doesn't feel overwhelmed and over-committed.
goes to bed at regular time every night.	doesn't feel that Mondays are a disaster.	rarely loses my temper at work.	usually has enough time to spend with their loved ones.	feels like they have control over my work life.

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