



THE 3-DAY CHALLENGE

BRING BACK BALANCE

WELCOME TO DAY 1 OF THE BRING BACK BALANCE CHALLENGE!

Today is about letting you take a breather for 30 minutes and practising a bit of self-care.

"But, I just don't have the time!" I hear you say.

We all say it!

Yes, it's a reality: our lives are busy.
Let's be honest though: yes, work is demanding, but there are successful people out there, with the same number of hours in the day, who manage to have a happy, fulfilling and balanced life.

Take a look over the page!



Arianna Huffington

She practices mindfulness each morning when she wakes up.

Richard Branson

He starts every day with exercise: tennis, cycling or kitesurfing. He claims that working out has helped him double his daily productivity.

Marissa Mayer

She takes time out of her busy schedule to bake cupcakes. She even keeps track of her baking efforts on a spreadsheet!

Bill Gates

Every night before bed, he reads for an hour and once a year he goes camping for a "think week" – just books and me-time.

TODAY'S CHALLENGE

Today I invite you to take at least 30 minutes to do one thing that is purely for your own enjoyment – something which you really love doing. The one caveat here is that it cannot be anything related to work! Put your phone down and move your laptop to the side for a bit.

- Do yoga
- Spend time with a friend
- Take photos
- Call a loved one
- Read
- Bake
- Watch TV
- Have a bath
- Run
- Walk your dogs
- Meditate
- Play with your kids

Once you have completed your "me-time", take five minutes to connect with how you feel. Keep a note for future reference: