

Activity

Start the day with intention

Research tells us that using visualization can be helpful in establishing new habits or navigating situations. Set an intention for the day by visualizing yourself having a good day. This can mean, recognizing warning signs of stress or compassion fatigue, practicing a new habit, or seeing the positive in situations.

Here's one way to do this:

Set an appointment for yourself at the start of the day. If you don't have that kind of control over your calendar, arrive to work a few minutes early.

In these few minutes, think about your day. Create an image of it in your mind. What emotions would you like to nurture today at work? What do you do that makes the day "good"? What emotions would you like to let go of? What makes you your best self at work? What does this look like, feel like, sound like?

End your visualization time with these words:

I. Am. Enough.

By spending a few moments to set an intention to be your best self in the day before you, it is more likely it will happen.