

# Personal Day Template

The purpose of this personal day is to help you use effective techniques for explicitly identifying your needs. A personal day is defined as eight consecutive hours in which you are focused on meeting your own needs (*not* the needs of others). While some personal and professional development is healthy, ideally, play, hobbies, adventure, and fun are part of these days.

## Instructions

Before you leave your house after breakfast, disengage completely from digital devices. Turn any laptops, tablets, computers, and phones off.

### Equipment You'll Need

Water bottle	Enneagram Workbook
Packed lunch	Pens (at least 2)
Picnic blanket or portable chair	Writing paper or journal
Sunscreen	Book of your choice
Hard copy of StrengthsFinder	

### Schedule



#### Mid-Morning

Go somewhere scenic in nature or choose another place to visit that reminds you of the younger version of yourself when you felt whole.

Help your mind purge and wind down.

- Journal in stream of consciousness for approximately three pages.
- Go for an ambling walk.



#### Noon

Review your StrengthsFinder needs assessment and ask yourself, What do I need so I can leverage these strengths in terms of time, plans, people, skills, or habits?

Enjoy your lunch.



#### Afternoon

Treat yourself to something. This can be an activity, a haircut, or other personal time.



#### Before the Day Ends

- Make a list of enjoyable, unproductive actions that you take just for you. What do you need to be able to de-escalate from productive actions, be they paid or unpaid?
- Set aside one hour each month to strengthen relationships with comforting and restorative people and build new relationships with fun people.
- Decide when you will take the next personal day. The day should be at least eight hours long and no more than 30 days away.