



The **Creatist** lab

Wellbeing Checklist

For professionals and leaders in tech and creative industries

*Lead your work and life making better decisions
with clarity, balance and confidence*

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Wellbeing *checklist*



For professionals and leaders in tech and creative industries

This is an easy way to start introducing a daily routine that allows you to improve your work and life balance, reducing anxiety and increasing calmness and creativity.

I've created it so you can start using it and seeing improvement in your life and at work. Many of the points and much more are explored in detail in my weekly Newsletter.

Taking care of our mental, emotional and physical wellbeing is key in order to make the right decisions in our work and life.

I worked as a User Researcher for more than 12 years in different industries and countries. I've been part of the launch and improvement of very popular products in our world, both digital and physical.

Something I learnt from all these years is that we can only be productive and make the right decisions at work and in our life, when we live in harmony with ourselves.

In a world that pushes us to be fast, to be efficient and productive, we can start by having a set of routines that allow a healthy and balanced mind, body and emotions.

This is why I decided to move from UX Research to Consultant for Conscious and Creative Leadership.

I invite you to integrate these small practices as part of your everyday in order to improve your performance, creativity and personal balance.

For more personalised guidance, to explore your current situation in-depth and experience a complete transformation and growth, get in touch with me for a 45-minute free clarity session where we can learn more about each other and see if and how I can best support you.

Get in touch with me via email at mireia@creatistlab.com or on Whatsapp at +34 653 87 531.

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Let's connect!

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Wellbeing checklist



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MORNING


☐

Start the day with a 10 minutes breathing exercise, inhaling deep from your nose, exhaling slowly through your mouth.

☐

While you do the previous exercise, set an intention for the day.
Who do you decide to be today?

☐

Have an appreciation notebook where you write at least 5 things you are grateful for today.

☐

Set your phone aside and don't check it until, at least, 45 minutes after you've woken up.

MIDDAY


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Take a pause, spend time outdoors walking, stretching and practicing exercise.

☐

Practice a breathing exercise. This time, inhaling through your nose in 2 times, and exhaling through your mouth in one time.

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Remember to not have more than 3 priorities for the day and check where you are at with them.

☐

While you eat, avoid checking the phone, instead, put all the attention on the flavours of what you eat.

AFTERNOON


☐

Take a 15 min. pause to check, *how are you feeling? Is there anything that you need now?*

☐

Shake your body to realise any tension or uncomfortable emotion.

☐

Before finishing your working day, plan your next day.

☐

End your working day on time. Make sure you practice some activity after work that makes you feel energised and in peace. A creative mind needs a pause to make new connections that result in new ideas.

NIGHT


☐

Have a relaxing environment for dinner, with warm lights, relaxed music and a calming scent.

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Switch off your phone at least 2 hours before going to bed.

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Before going to sleep, take 10 minutes for a breathing exercise, inhaling deep from your nose, exhaling slowly through your mouth.

☐

Take your appreciation notebook and write down at least 3 things you are grateful for today (people you've met, learnings you've had, opportunities that came up, etc.).