




RELAXED PRODUCTIVITY *Workbook*



BY ANGELA JAMIESON



Welcome!

If you're grabbing this supplement, it means you have heard my "Relaxed Productivity" talk. Thanks so much for coming to check out the supplement to support your further learning.

Here are your resources to help start you on your way to creating the Relaxed Productivity that I know we would all love to have.

It's not difficult... but it's difficult to be consistent. As with all things in life that matter, you have to create the habit of awareness about yourself.

You know how you can see clearly what someone else's issues are? Be that friend to yourself and take time to:

- Be present with everyone and in every situation
- Give yourself a break
- Relax and chill out! There's nothing serious going on here even though sometimes it feels like it. Take a step back, take a breather, and know that everything is going to be alright.

It's great to have you here on this mini-exploration of "Relaxed Productivity" - a concept where you do less yet accomplish more, experience less stress and get happier!

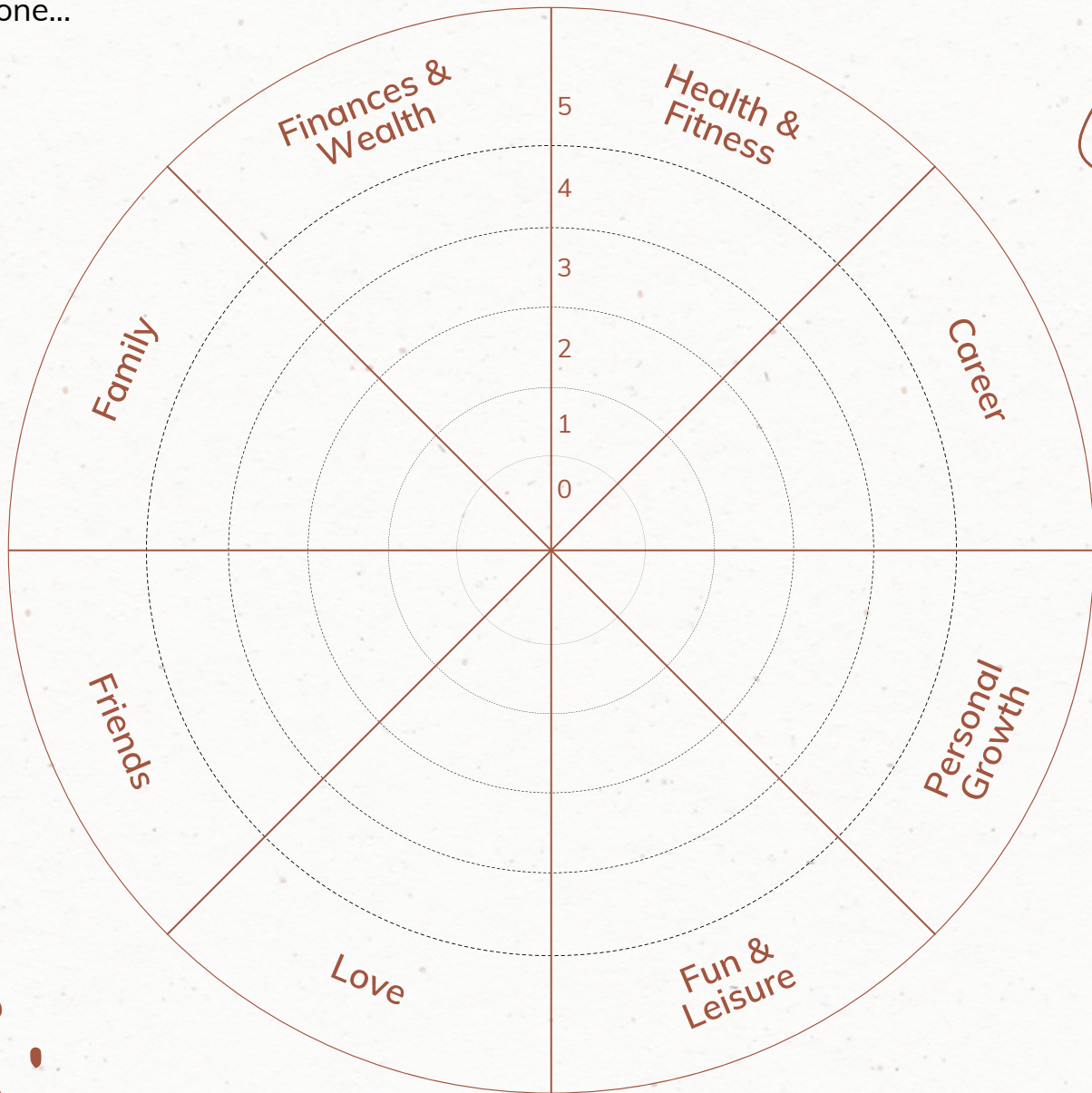
Sounds too good to be true, right?

It's all about reframing your life and focusing on what matters. To YOU.

Let's get going...

THE WHEEL of life

The 5 bars in each category represent **how satisfied you are** with this sector in your life. Assess yourself. Print an extra one if you have a partner! Above all, don't think too hard... first gut instinct is often a good one...



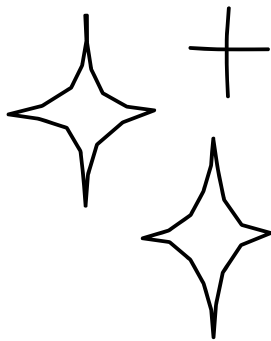
NOTES:

Free-write

WHEEL OF LIFE

(3 MINS)

- write down your thoughts of where you feel like you need to improve
- where was your wheel out of balance?
- where do you see your partner is out of balance? Can you help each other?



Who DO YOU WANT TO BE?

No matter what age we are, we might not have total clarity on what we want to do with our lives, but we often have a good idea on what kind of person we want to be.

Read the following through first and then do the visualization exercise (I recognize it's hard to read with your eyes closed!).

Let's take a few moments to visualize our perfect day. Close your eyes and take two deep breaths to calm your mind and body.

Visualize your day from waking up to going to bed.

For each segment (morning, afternoon, evening) of the day, determine:

What are you doing? Where are you?

Who are you with?

How are you feeling?

Use all 5 senses to fully experience each moment.

Look at yourself in your "Perfect Day" mirror. Describe what you look like.

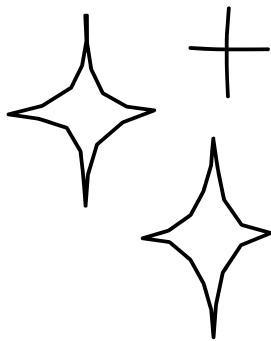
Now, set a timer for maximum 5 minutes and write down what you remember.

Free-write

PERFECT DAY

(5 MINS)

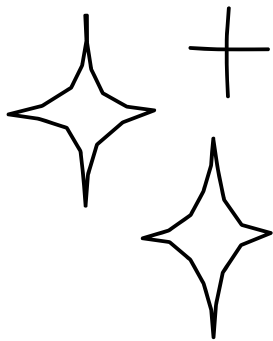
- Following your visualization, write down your observations, focusing on the experiences you visualized through all of your 5 senses.
- What activities were you doing? who were you with? where were you? how did you feel?
- What habits did you fit into your day? What habits does “perfect you” have?



Free-write continued...

PERFECT DAY

(5 MINS)



Transformational HABITS

You now have a feeling for what kind of person you want to be from your visualization of your perfect day. Remembering the habits that “perfect you” had, fill in the following to help bridge the gap between who you are now and who this new person is.

DO MORE OF:	START DOING:
DO LESS OF:	STOP DOING:

Baby-steps... What are you going to change in your life starting this week? Pick just 1 of the items in the boxes above. Choose an item and quantify how you're going to add it into your life (e.g. *I'm going to start doing x, 3 times a day*).

I've decided I'm going to do the following to make a small step to becoming the person I want to be:

Plan this new habit into your day!



Review

HOW RELAXING BOOSTS PRODUCTIVITY

RELAXING...

- **reduces mental and physical stress** - hack yourself if you're having trouble calming down
- **helps thought regulation** - consider adding meditation to your daily habits and stop negative thoughts before they take hold!
- **gives you more clarity and creativity** - if you're in problem mode, you aren't in solution mode. Relax and daydream... the solution might just be able to pop in!
- **helps you accomplish more** - finding creative solution leap-frogs your productivity instead of you spinning your wheels. Get enough sleep at regular hours.
- **makes you happier** - some things we should want to experience happiness: kindness, feeling of the abundance of time, thought control, and social connection.

NOTES:

50 WAYS TO SPRINKLE THE *Sage* SOLO (1)

- Watch the sunrise.
- Enjoy a cup of tea or coffee without any distractions.
- Take a walk in nature.
- Listen to your favorite music without multitasking.
- Practice mindful breathing for a few minutes.
- Write in a journal.
- Read a book or a poem.
- Meditate for 10 minutes.
- Spend time with a pet.
- Cook a meal from scratch.
- Savor a piece of chocolate or fruit.
- Do some gentle stretching or yoga.
- Sit quietly and observe your surroundings.
- Take a nap.
- Draw or paint something.
- Visit a local park.
- Watch the clouds go by.
- Light a candle and enjoy the ambiance.
- Practice gratitude by listing things you're thankful for.
- Take a long bath or shower.
- Listen to the sounds of nature.
- Spend time gardening.
- Write a letter to a friend or family member.
- Do a puzzle or play a board game.
- Visit a farmer's market.

50 WAYS TO SPRINKLE THE *Sage* SOLO (2)

- Practice mindful eating by focusing on the taste and texture of your food.
- Watch the sunset.
- Take a digital device break for an hour.
- Take three deep breaths.
- Visit a museum or art gallery.
- Spend time with loved ones.
- Go for a bike ride.
- Practice a hobby you enjoy.
- Watch a movie or a TV show without distractions.
- Do some people-watching in a busy area.
- Practice mindfulness while doing household chores.
- Take a scenic drive.
- Listen to a podcast or audiobook.
- Spend time by a body of water.
- Practice mindful walking by focusing on each step.
- Write down your thoughts and feelings.
- Do some light exercise.
- Spend time in a quiet room.
- Practice deep listening in a conversation.
- Create a vision board.
- Spend time stargazing.
- Practice mindful coloring or doodling.
- Take a break to stretch and move your body.
- Practice mindful observation by focusing on a single object.
- Spend time reflecting on your day before bed.

50 WAYS TO SPRINKLE THE *Sage* WITH OTHERS (1)

- Do a random act of kindness for a stranger.
- Share a meal with friends or family.
- Volunteer together for a cause you care about.
- Have a game night with board games or cards.
- Go on a group hike or walk.
- Host a potluck dinner.
- Attend a local event or festival together.
- Take a cooking class with friends.
- Have a picnic in the park.
- Go to a concert or live performance.
- Visit a new café or restaurant together.
- Plan a weekend getaway.
- Take a dance class together.
- Go to a museum or art exhibit.
- Have a movie marathon with favorite films.
- Work on a DIY project together.
- Go to a sports game or match.
- Take a road trip with no set destination.
- Have a themed party or gathering.
- Go stargazing together.
- Attend a workshop or seminar on a shared interest.
- Visit a farmer's market or craft fair.
- Go on a photo walk and capture moments.
- Have a book club meeting.
- Take a yoga or fitness class together.

50 WAYS TO SPRINKLE THE *Sage* WITH OTHERS (2)

- Go fishing or boating.
- Plan a surprise outing for someone.
- Have a bonfire and roast marshmallows.
- Go to an amusement park or zoo.
- Take a pottery or art class.
- Go berry picking or visit an orchard.
- Have a spa day with friends.
- Go to a comedy show or open mic night.
- Take a scenic train ride.
- Visit a botanical garden or nature reserve.
- Go on a bike ride together.
- Have a karaoke night.
- Attend a cooking or baking competition.
- Go to a flea market or antique shop.
- Plan a themed photo shoot.
- Have a storytelling night.
- Go to a wine or beer tasting.
- Take a historical tour of your city.
- Have a craft night with friends.
- Go to a drive-in movie.
- Plan a scavenger hunt.
- Visit a nearby town or city for a day trip.
- Have a beach day.
- Go to a planetarium or science center.
- Take a painting or drawing class together.

try something new!

Thank you!

FOR COMING ON THIS JOURNEY WITH ME

For more information on the “Relaxed Productivity”
Course or to just say hi, connect with me on my website:

www.angelajamieson.com

- Sign up for my occasional newsletter
- Follow me on LinkedIn, Facebook or Instagram

Angela

