

**Take a new
way to work**

**Change your
time of your
work arrival or
leaving time**

**Flip the order
of your day**

**Prepare
healthy
snacks
before you
start your
day**

**Stand up
and
stretch**

**Toss a ball
for 90
seconds**

**Close
your eyes**

**Take 10 deep
breaths**

**Offer
appreciation
before you
start**

Call a friend

**Set a clear
goal and
achieve it**

**Call it quits...
for the
moment or
the day**

**Take your
boss to lunch
(a virtual
lunch works
too)**

**Set a time
limit**

**Take a
walk**

**Write a thank
you note to
someone who
helped you in
your career**

**Change your
chair - try a
bouncy ball**

**Change your
location -
take your
laptop and
work
somewhere
different**

**Wear
something
totally fun &
outrageous**

**Play
music**

**Turn off
email alerts**

Plan a day off

**Find a job
search buddy**

**Attend an
event
(virtually or
in person)**

**Watch a
YouTube Video**

**Write a list of
ideas about
your career /
job search with
your other
hand**

**Buy a
succulent and
keep it with
you during
the day**

**Reward
yourself
when you
have a
success**

**Clean
your
space**

Make a mess

**Say aloud:
What is my
next right
step**

Do nothing

**Answer the
question: If I
knew exactly
what to do I
would...**

**Hire help -
Career Coach,
Housekeeper,
Yard Care**

**Smile and say,
"I am so in love
with myself"**

**Reach out
and help
someone -
offer help**

**Carve out
some alone
time**

**Ask for
help**

**Ask yourself,
“what would
my mentor
do right
now”**

**Sit and wait to
be inspired**

Meditate

**Pick some
flowers**

**Do 10
jumping
jacks**

**Call
someone
you have
been
thinking
about**

**Debate your
idea with
yourself**