

5

TIPS TO RESHAPE YOUR RELATIONSHIP WITH WORK

1

Create a career vision board

Imagine what type of work environment you want. What relationship you want with coworkers, clients, higher ups, and those that you supervise.

2

Cleanse your work environment

Whether you work from home or in an office, cleanse your space to make room for the energy and goals you're setting this year

3

Weekly/Monthly Goals

Creating weekly and monthly goals to work towards will allow you to focus your energy and avoid getting in a rut.

4

Build Boundaries at Work

Boundaries remind people how to lovingly and respectfully engage with us. It is about modeling behavior and what we do, and not others.

5

Remember Who You Are



We live in a society that defines us by our labor. Remember, you are not your career. You are worth more than your labor and what you produce. You are worthy and deserving because you have breath.