

WORK-LIFE HARMONY SELF-REFLECTION



A resource from Dennis Doherty, MSN, RN, NPD-BC
and Michelle Schuster, MSN, RN, CPHON

1

Think back over the last several months.

Can you pick out a day that brought you a sense of joy?

2

Describe that day.

- What was special about this day?
- What did you do?
- Who were you with?
- Where were you?

3

How can you set yourself up to have more of this in the coming weeks?