

Green plants & tea: turn your workspace into a spa environment

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How present are you? 1 2 3 4 5 6 7 8 9 10

I'll be happy and relaxed when _____

Objectives

1. _____
2. _____
3. _____

Biggest irritant _____

3 good things and why

1. _____
Why? _____
2. _____
Why? _____
3. _____
Why? _____

Hydration station

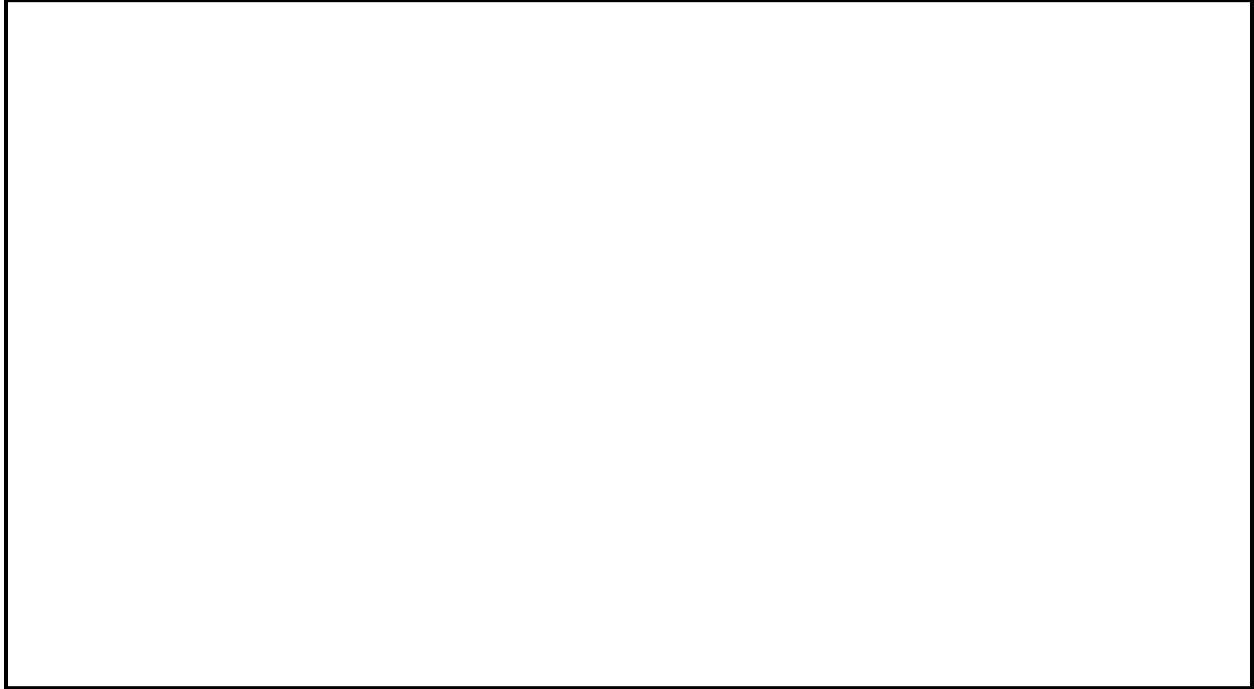
1. _____
2. _____
3. _____

5 types of plants

1. _____
2. _____
3. _____
4. _____
5. _____



Possible ideas for your workspace



10 steps to spa

- Imagine your ideal workspace
- Start a list for your ideas to change your space (Better lighting or air? New plants?)
- Remove biggest irritant
- Clear off desk and wipe with clean water
- Set up hydration station
- Set up gratitude journal
- Set up creativity welcome center
- Set up comfort box
- Block time (10-15 minutes) on calendar for weekly space renewal
- Relax and enjoy your space!

How present are you? 1 2 3 4 5 6 7 8 9 10

I can be happy and relaxed now because
