

Disconnection

AN AVERAGE WORKDAY

Indicate in the bar below how many hours you spend on sleep, work, survival and screens on an average weekday

How much personal time remains?

AS-IS

What does your free time mainly consist of?

TO-BE

What do you want to give your attention to?

Disconnection

MY DEFINITION OF RECOVERY

Write down your definition of recovery/rest below by completing the sentences.

REST IS CONSISTING OF

SO

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SO