



OCCUPATIONAL WELLNESS

Aligning Work with What Matters

Occupational wellness is about finding a sense of purpose, balance, and fulfillment in the work you do — whether that's a career, caregiving, or creative pursuits. It's about alignment, not just achievement.

“Burnout isn't a badge of honor. Balance is.”

A GENTLE PRACTICE: REFLECT, REALIGN, REST

Use this short reflection to reconnect with what makes work feel meaningful.

- 1. Reflect.** What part of your work (paid or unpaid) feels most meaningful to you right now?
- 2. Realign.** Where do you feel out of alignment — overextended, undervalued, disconnected from purpose?
- 3. Rest.** Give yourself permission to rest without guilt, even briefly, as part of sustainable work.

REFLECTION PROMPTS

- *What does meaningful work look like for me, beyond a paycheck?*
- *Where am I overextending myself, and what would balance look like instead?*
- *What is one boundary I could set to protect my energy at work?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.