

# What do you think the impact will be once you have made this positive change?

More energy

Improved focus

Feel healthier

Increase energy

More energy

Feel less stressed & more positive

More energy

i won't feel as tired



# What do you think the impact will be once you have made this positive change?

Improved focus and ability to be more present

help me to switch off , sleep better

More exercise

Look after myself over my role.....happier

Less stress

Look and feel better

Feel happier

rested, more energy, happier

# What do you think the impact will be once you have made this positive change?

will help both my body and mind

head space and clarity of thought

Energy

improved focus

More time less headaches

Improved focus

A calmer mind

More present

# What do you think the impact will be once you have made this positive change?

Able to sleep. Get life back from work.

Clearer separation between work and personal life.

Feeling happier

a slimmer me!

taking regular breaks from the screen

Improve mental and physical health

more present, happy and conscious

Better sleep

# What do you think the impact will be once you have made this positive change?

I will start the day feeling happier

clear head

Better sleep

Improved confidence

Better sleep and mindset

Better mental clarity

increased libido

Feel more positive and happy

# What do you think the impact will be once you have made this positive change?

Stop eating unhealthy snacks later in the day.

Feel more relaxed in the morning

Feel more relaxed in the morning

more energy

concentration increased

Clear and focussed mind

More motivation do what matters

Improved mood and less stressed

# What do you think the impact will be once you have made this positive change?

Time for self - you are worth it!

More in control of how my day will be because of my mindset

Feel better

More sense of control

More motivated

find out if this job is for me

Get life back.

Healthier and less stress

# What do you think the impact will be once you have made this positive change?

Less stressed by right wing nutjobs

Clearer and more positive thinking

better performance and feeling

I'll be more present. I'll have a clearer mind.

More energy and positive mindset

Less stressful mornings

More motivation! Perhaps it'll help me start doing things I enjoy again

improved focus



# What do you think the impact will be once you have made this positive change?

Less stressy at the kids

less anxious

Lose weight - and stop worrying about weight issues

Positive outlook  
Proud of yourself  
Happy

less stressed and pressured

emotional resilience

Feeling better every day. Not needing or wanting to sleep during the day. Changing my daily cycle.

More relaxed

# What do you think the impact will be once you have made this positive change?

I already sleep well, but I think I will be more present and positive in the morning

Having time to do the things I wish I had time to do!

My chest pains might stop

Flatter stomach

Start the day in a better mental state

More energy , more alert

Reduce stress and keep blood pressure lower

Improvement in self-esteem and confidence. Also, improved energy levels.

# What do you think the impact will be once you have made this positive change?

Improved health, lost weight, quality time with my husband, doing something for myself before starting work and being mum

more energetic

Build your momentum of working

Calmer

Away from stress

More focus - feel better

Time for myself

Happier

# What do you think the impact will be once you have made this positive change?

More energy and more alert

Lower Blood Pressure

more energy . more focused , slow down a bit

Break the straight to computer mentality

Calmer and toned up may sleep better with more movement