

Rise & Root

Finding Your Work-Life Balance

Take a moment to reflect on your current work-life journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Finding Your Balance

Where does work end and "me time" begin? How can you protect your personal time and **unplug more often**?

Saying "No" Without the Guilt

When's the last time I set a boundary that **protected my peace**? How did it feel, and what did you learn from it?

Thriving for the Long Haul

What boundaries help me grow — not just get by? What habits support your **energy, growth, and well-being at work**?