

BSW Connect: Sustainable You - Business Wellbeing Checklist

DATE:

BUSINESS WELLBEING

- ☐ Set healthy boundaries - define your work hours and make the time to switch off.
- ☐ Build a support network around you.
- ☐ Celebrate small wins and milestones.
- ☐ Invest in growth through workshops, mentoring, or personal development.

SUSTAINABLE YOU

- ☐ Manage your energy, not just your time.
- ☐ Create systems and processes that support you.
- ☐ Protect your mental space.
- ☐ Revisit your “why” regularly.
- ☐ Learn to pause without guilt.

LEAD WITH CONNECTION & PURPOSE

- ☐ Share your commitment to wellbeing and balance growth in your business story.
- ☐ Connect with other business owners who value sustainability from within.
- ☐ Check in with yourself regularly - what's working, what's draining you, and what can you adjust?

START SMALL

- ☐ Choose one small shift.
- ☐ Set dedicated alarms or blocks of time during your day for a mindful break.
- ☐ Take one day at a time.

NOTES / REFLECTION



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NOTES / REFLECTION

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1 MONTH CHECK IN / REFLECTION



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6 MONTH CHECK IN / REFLECTION

