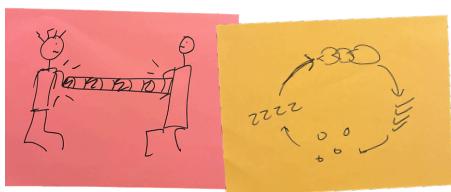


## How to draw your way to a better work day

Drawing activates your brain in a unique way, combining both logic and creativity. It can boost your mood and help you remember more. In a squiggly career, it's a fun way to help you think differently, build team connection, and learn in new ways.

### Four drawings exercises to try



#### How you're feeling about work this week

It helps you spot what's going on, so you can visualise and describe it more clearly. Try using it as a quick weekly check-in to notice any changes. Or in a team, share your drawings so people can help support each other.



#### A strength you want to make stronger this year

It can help you to focus and find ways to make your strengths stand out. Try using your drawing as a prompt to think about where you want to develop. Or in a team, share your strengths to see who could help you make it happen.



#### A confidence gremlin getting in the way of what you want to achieve

Making your gremlin visible makes it easier to understand and cage. In a team, create a gremlin gallery (or share on camera if virtual) and explain what each gremlin means to build connection and understanding.



#### Describe your dream workday and ask someone else to draw it for you.

Share your drawings to learn more about each other's values, what matters most, and what drives people. Talk about what you could do differently to get closer to the dream