

Workaholics Day

Did you know that taking breaks and time for yourself is just as important as time management for your productivity? Taking consistent breaks fuels your brain and productivity, allowing you to work more efficiently.

Fill in the table below with tasks or goals you have and a reward for completing each. The reward could be small, like a ten minute break or snack, or larger, like relaxing for the rest of the day or an hour of a video game.

Task

Reward
