

# Exercise Program for Your Career

**Make an effort to rework your daily routine. Find time for mental health specific activities you enjoy.**

How many hours per week can you dedicate to this endeavour? \_\_\_\_\_  
How many days per week? \_\_\_\_\_

<b>List your most common daily activities other than work.</b> <i>(e.g. TV shows, Shopping, Dinners, Social events)</i>	<b>List some alternative activities you can focus on.</b> <i>(e.g., learn new skill, read psychology book, practice creative thinking exercise, research mental health topics)</i>

Research shows that if you dedicate a specific number of hours per week and stay committed for up to six months you will position yourself as a leader in your industry. You will be more energized, more knowledgeable and better positioned than 90% of the practitioners in your marketplace. Give it a try!