Competence Builder 2 - My Healthy Week Challenge

Objective: Develop one realistic habit that improves your work-life balance.

Choose one healthy habit that you would like to practise during the next seven days.

Examples include:

- finishing work at your planned time,
- avoiding work-related messages during one hour each evening,
- taking a proper lunch break,
- going for a daily walk,
- sleeping at least seven to eight hours,
- spending uninterrupted time with family or friends,
- setting aside time for a hobby.

Each evening, briefly record:

- Did I complete today's habit?
- How difficult was it? (1–5)
- How did it affect my wellbeing?
- Would I like to continue this habit next week?

At the end of the week, reflect on which habit made the greatest positive difference.

Materials needed: Toolkit T1 (Reflection Journal), Toolkit T2 (Seven-Day Habit Tracker)

Approximate duration: 5–10 minutes each day (approximately 35–40 minutes over one week)