

# *Are you looking after your **SHED**?*

You can't sustain motivation if you don't look after yourself.

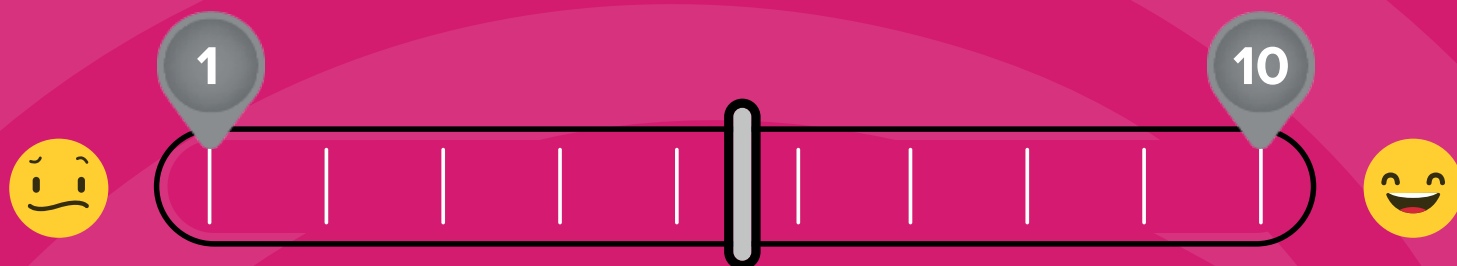
That's why every leader needs to look after their shed. Not the jumbled mess at the bottom of your garden, your...

**S**LEEP  
**H**YDRATION  
**E**XERCISE  
**D**IET



*The killer question is – how do measure  
up against the **SHED-OMETER**?*

# SHED-OMETER



**1 =**

**10 =**

**S**

It's only eleven, that still leaves time for me to ruin tomorrow by working late or staying up doing nothing on the internet

I consistently get all the good quality sleep I need

☐

**H**

I rarely drink 2 litres a day, and when I do, it generally isn't water

I easily drink 2 litres of water every day

☐

**E**

Those halcyon days of regular exercise are but a distant memory

I exercise for at least 30 minutes, 5 days a week

☐

**D**

I'll work out what a healthy diet looks like when I've finished my takeaway

I know what a healthy diet is and that's exactly what I eat

☐

*What, if anything, will move the dial to where you want it to be?*

**The ONE thing I am going to focus on this month to shift my SHED-ometer is...**

Always look after your shed!

