



Going home checklist



Take a few minutes to go over your day.



Acknowledge your successes and challenges.



How are you doing?
If you experienced a difficult shift, think about it and let it go. Leave it at work.



Check on your colleagues. Small acts of appreciation are quite powerful.



Remember that no matter what, you made a positive impact in at least one animal's life today - and that is rather cool!



Transition. Go home, relax, rest. Focus on a deliberate transition from work to non-work, what ever gives you joy. You deserve it!

