

WEEK **1**

Fake Commute

for Work-Life Balance



The goal is to help listeners create a ritual that separates work and personal life.

By practicing a 'fake commute,' you give yourself the brain compartmentalization needed to transition out of 'home mode' and into 'work mode.' **This helps decompress your mind after work, reducing burnout and improving overall mental well-being.**

STEP-BY-STEP INSTRUCTIONS:

1

Identify Your Transition Ritual

Write down a 10-minute ritual that helps you transition from work to personal life and vice versa. This could be something simple, like a short walk, a deep breathing session, or a mini stretch.

2

Set a Daily Schedule

Plan this ritual before and after you work. Write down the time you will start and finish.

1 TRANSITION RITUAL

Write down your ritual idea and why it resonates with you.

[Blank space for writing a ritual idea]

Example rituals (inspired by Dr. Nerurkar):



5-10 minute walk



Stretching or yoga



Journaling



Music or podcast reset

Morning/Start Option: Take a 5–10 minute walk outside. When you're back, spend a few minutes identifying your top priorities for the day and the mindset you want to bring into it.

Evening/End Option: Give yourself a clear 'work is done' signal, step away, take a short walk, and return in 'home mode.'

2 SCHEDULE YOUR FAKE COMMUTE

You can choose **one or both** transitions based on what fits your lifestyle: a morning ritual, an evening ritual, or both.

DAY	MORNING RITUAL TIME	EVENING RITUAL TIME	COMPLETED
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

3 REFLECTION

At the end of the week, use a journaling section to **reflect on the ritual's impact.**

Did this ritual help you mentally shift between work and home life?

[Blank space for reflection]

How did you feel after practicing it for a week?

[Blank space for reflection]

Which days did you skip it, and how did those days feel compared to the ones you didn't?

[Blank space for reflection]

What would need to change to make this a permanent part of your daily routine... something as automatic as brushing your teeth?

[Blank space for reflection]