

Hybrid Rhythm & Ritual Planner

Use this planner to experiment with small, meaningful shifts that support wellbeing and flow in your hybrid team.

Weekly Rhythm Reflection

What part of your week drains the most energy or leaves you feeling off-balance? (e.g. back-to-back meetings, lack of breaks, unclear expectations)

What ritual or habit has helped you feel most grounded or supported recently? (e.g. daily walks, having an afternoon blocked off for focused work, weekly check-ins)

Ideas to Trial This Week

Try one or more of these small but impactful shifts:

- Shift one recurring meeting to async (e.g. shared doc or video update)
- Add 5-minute buffer zones between key meetings for decompression
- Make one status visible (e.g. "Heads down - writing") to signal focus or recovery
- Ask your team: "What helps you feel most connected in hybrid flow?"
- Invite a 1-minute movement or breath moment at the start of your next team huddle
- Others: _____

My Micro-Commitment This Week

This week, I will:
