

YOUR IDEAL

# WORK FROM HOME

SET UP



FOR YOUR OFFICE

- 1 SOAK UP THE SUN
- 2 ELIMINATE DISTRACTIONS
- 3 CONTROL TEMPERATURE
- 4 CHOOSE COLORS WISELY
- 5 KEEP IT SIMPLE

FOR YOUR DESK

- 6 HAVE PLANTS
- 7 LET THE MUSIC PLAY
- 8 KEEP INSPIRATION CLOSE BY
- 9 STOCK UP ON SUPPLIES

FOR YOURSELF

- 10 STAY WELL NOURISHED
- 11 GET DRESSED
- 12 KEEP BREAKS SHORT & SWEET