

How do I  
sustain, heal and  
empower myself  
through  
my work?

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What does my  
path look like  
as I navigate  
challenges and  
realign myself?

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## Reflections at Work

Fold me into an 8 page mini zine.

As you read the questions use the  
corresponding blank pages to draw  
or write, or sketch or scribble, or do  
both, or none.



What is one  
way I've felt  
uplifted in my  
work this week?

What is one  
way I've lifted  
up someone  
else in my work  
this week?



**Principles at Work**  
DesignJusticeNetwork.org

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