

O R A I

PHYSICAL WELLBEING



PHYSICAL WELLBEING

WHICH EXERCISES I CAN DO FOR MY BODY?

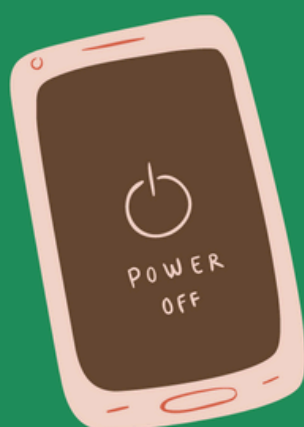
WHICH FOOD I NEED TO TAKE, TO FEEL MUCH HEALTHIER?

IS THERE ANY BAD HABIT I NEED TO CHANGE AND WHICH ONE?



O R A I

MENTAL HEALTH



MENTAL HEALTH

DO I NEED SOME KIND OF MENTAL HEALTH SUPPORT?

HOW I CAN BE MORE PRESENT AND SATISFIED WITH MY LIFE?

FROM WHOM I CAN SEEK MENTAL HEALTH SUPPORT?



O R A I

LIFE ON THE ROAD



LIFE ON THE ROAD

DO I USE PROPER WAY OF GREEN TRAVELING?

WHAT IS THE MOST COMMON LUGGAGE IM TRAVELING WITH?

WHAT I NEED TO PREPARE AND CHECK BEFORE GOING ON TRIP?



O R A I

SELF MANAGEMENT



SELF MANAGEMENT

WHAT DO I NEED TO DO TO PROMOTE MY WORK BETTER?

HOW I CAN BALANCE BETER MY PRIVATE AND WORK LIFE?

DO I NEED BETTER SELF-IMPROVEMENT IN TERMS OF WELLBEING?



O R A I

LEGAL MATTERS



LEGAL MATTERS

HOW STAKEHOLDERS
COULD SUPPORT ME IN
TERMS OF MY WORK?

WHICH KIND OF
CONTRACTING IS THE BEST
FOR ME?

DO I SUPPORT MYSELF
FINACIALLY ENOUGH?



O R A I

EXPLORATION



EXPLORATION

WHICH PART OF PERSONAL
DEVELOPMENT I WOULD LIKE
TO EXPLORE?

WHICH PART OF
PROFESSIONAL
DEVELOPMENT I WOULD LIKE
TO EXPLORE?

WHAT I NEED FOR
EXPLORATION OF THE WORLD
AROUND ME?



O R A I

THOUGHTS



THOUGHTS

WHAT THOUGHTS I HAVE NOW?

DO I HAVE ANY WORRIES?

WHICH THOUGHTS MAKE ME HAPPY?



O R A I

BREAK



BREAK

DO I GENERALLY NEED BREAK FROM EVERYTHING?

WHAT WILL THE BREAK CONTRIBUTE TO ME?

FOR HOW LONG THE BREAK SHOULD LAST?



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CHALLENGES



CHALLENGES

WHAT ARE THE CURRENT CHALLENGES FOR ME?

HOW I CAN SOLVE THEM?

WHICH WELLBEING AREA COULD HELP ME IN OVERCOMING THESE CHALLENGES?



O R A I

AFFIRMATIVE CHANGE



AFFIRMATIVE CHANGE

DO I NEED SOME KIND OF CHANGE?

WHAT CAN I CHANGE NOW?

WHAT POSSIBLE OBSTACLES I NEED TO PLAN?



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EMOTIONS



EMOTIONS

HOW DO I FEEL NOW?

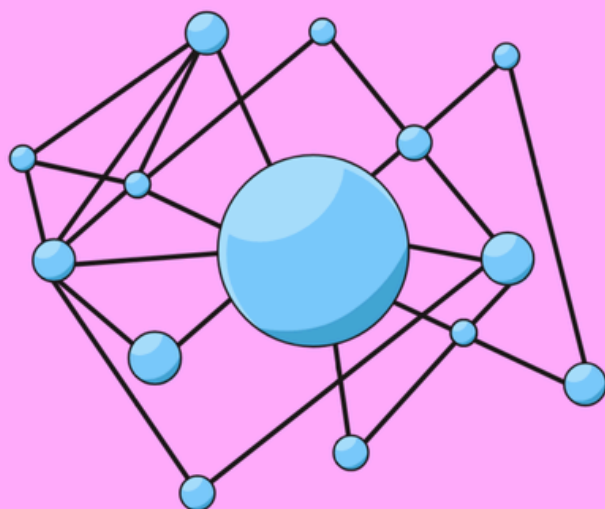
HOW I EXPRESS
EMOTIONS?

WHICH EMOTIONS I WANT
TO FEEL IN THE FUTURE?



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CONNECTION



CONNECTION

WHICH KIND OF CONNECTION
WITH OTHER PEOPLE DO I
NEED?

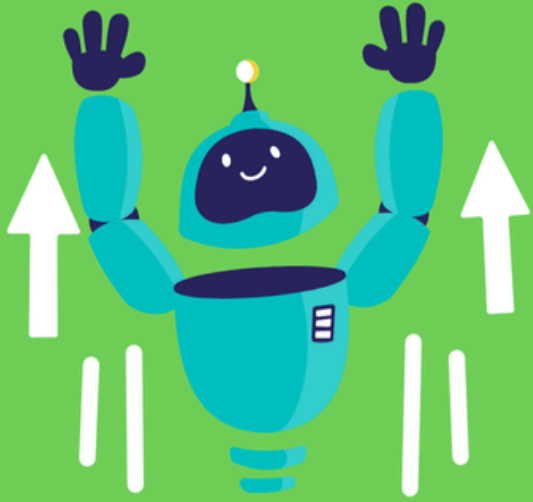
DO I NEED MORE TIME WITH
MYSELF?

DO I NEED SOME KIND OF RE-
CONNECTION?



O R A I

ACTION



ACTION

WHAT WOULD I LIKE TO DO NOW?

WHAT WOULD I LIKE TO DO IN NEXT 24 HOURS?

WHAT WOULD I LIKE TO DO IN NEXT 3 MONTHS?



O R A I

SUPPORT



SUPPORT

DO I NEED SUPPORT AT ALL?

WHAT KIND OF SUPPORT DO I NEED?

WHO CAN PROVIDE ME SUCH SUPPORT?

