

Step 2: Answer each of these questions:

1. How many hours a week do you generally work?

2. How often do you work on days you're not scheduled to work (weekends, holidays, etc.)?

3. Describe your boss in one sentence or phrase.

4. Are you a people manager?

5. Do you work from home? An office? Hybrid?

6. Do you work while you're on vacation?

7. What happens at work when you say 'no'?

8. What happens at work when you ask for help?

9. What are your lunch breaks like?

10. In a few words, what are Sunday nights like?



Step 3: Go back to Steps 1 & 2; use the dropdown to label each item:

L = Love it! If I could do this everyday, I'd never feel like I was working!

F = It's fine. I don't love it or hate it.

H = I hate it so much I want to quit and hide under my warmest blanket.

Example: Monthly budget review

Example: Client troubleshooting

Example: Employee relations

Add up your scores:

How many of each letter did you land on?

Love its:

It's **fines**:

Hate its:

What did you learn?

Do you have an abundance of '**hate its**' and '**it's fines**'?

It's time for something different.

Let's chat about how I can partner with you to take your career, and your life, from 'fine' to amazing!

Set up a time at laurenlefkowitz.as.me/letschat or visit laurenlefkowitzcoach.com for more information.

