



**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](https://laurenlefkowitz.as.me/letschat) or visit [laurenlefkowitzcoach.com](https://laurenlefkowitzcoach.com) for more information.

