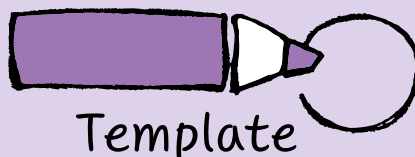


Good day and bad day

 Good Day at work	 Bad Day at work
What happens that contributes to a good day?	What throws your day off?
What do you look forward to doing?	What makes the day bad for you?
Who do you look forward to seeing?	What makes you frustrated? Bored?
What happens that gives you energy to deal with difficult situations?	What takes the fun out of your day?
What motivates and interests you at work OR on a work day?	Be sure to include those daily frustrations



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