Directions:

1.

As you experience work activities you look forward to and love, record them in the I Loved It... section.

2.

As you experience work activities you dread and loathe, record them in the I Loathed It... section

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3.

Over time, review your lists of both Loved It and Loathed It activities keeping track of which ones

energize or drain you.

I Loved It...

I felt strong (energized, jazzed) when...

I Loathed It...

I felt weak (drained, bored) when...

Loved It, Loathed It Exercise