

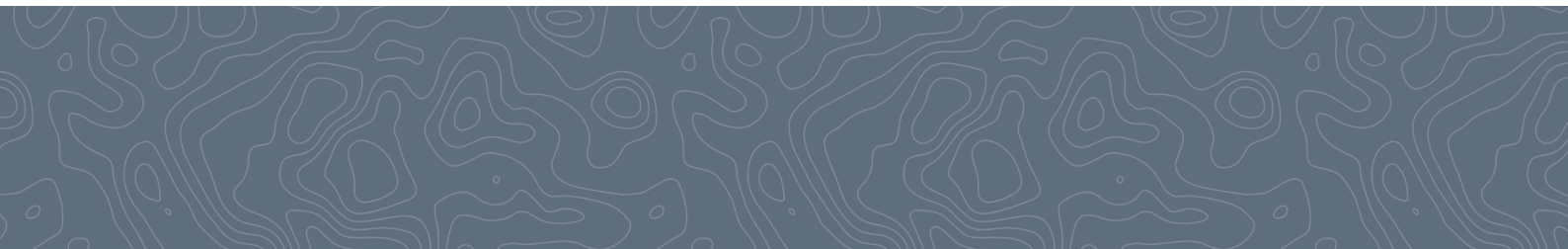


THREE PIECE LIFE
eCOACHING with TIM JOHNS



Ten emotions you might feel about your work life

Let's try to understand how you really feel about work. This exercise will help to uncover your motivations for working and the things that get you out of bed in the morning. Addressing these emotions will allow you to focus on what you want from a job.



Ten emotions you might feel about your work life (1/3)

Read each heading and the description. Take a moment to think about it. Maybe capture a few thoughts, and give it a ranking. Then move on to the next one and repeat. At the end of the exercise, try and create a summary of your thoughts.

1. **Happiness:** Experiencing joy, contentment, and overall positive emotions related to work and the workplace.

Ranking
(1-10)

2. **Frustration:** Feeling annoyed or irritated by challenges, setbacks, or inefficiencies in the work environment.

Ranking
(1-10)

3. **Motivation:** Feeling driven, inspired, and enthusiastic about work tasks and goals.

Ranking
(1-10)

4. **Stress:** Experiencing pressure, tension, or anxiety due to workload, deadlines, or job demands.

Ranking
(1-10)

5. **Fulfilment:** Experiencing a sense of accomplishment, purpose, and satisfaction from meaningful work.

Ranking
(1-10)

Ten emotions you might feel about your work life (2/3)

6. Burnout: Feeling exhausted, emotionally drained, and overwhelmed due to chronic work-related stress.

Ranking
(1-10)

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7. Engagement: Feeling deeply involved, focused, and connected to work, experiencing a sense of flow.

Ranking
(1-10)

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8. Disengagement: Feeling disconnected, apathetic, or uninterested in work, lacking motivation or engagement.

Ranking
(1-10)

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9. Gratitude: Feeling appreciative and thankful for opportunities, benefits, and positive aspects of work.

Ranking
(1-10)

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10. Ambivalence: Experiencing mixed or conflicting emotions about work, feeling both positive and negative emotions simultaneously or having an overall neutral emotional state.

Ranking
(1-10)

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