

DO-IT-YOURSELF GUIDE TO ASSESSING YOUR HAPPINESS AT WORK



Kathleen Kelley

**STRESS MANAGEMENT
COACH**

Whether you are grappling with leaving your job or staying in it, I imagine you spend a fair amount of time ruminating about your job.



In a SHORT statement, WRITE exactly what you do. This must be OBJECTIVE, leaving no room for interpretation. i.e; I teach second grade at the Acme Elementary school in Toontown, NY. OR, I am a full-time Nurse at XYX Hospital



In two columns, next to each other, answer the following questions (try to make the columns come out even):



REASONS I WANT TO
LEAVE MY JOB:

REASONS I WANT TO
STAY:





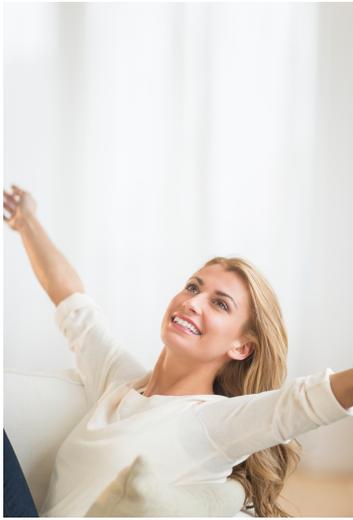
Imagine you Leave your Job. In two columns next to each other, answer the following questions:

If I leave...

What will be different?

What will be EXACTLY the same?





Finally, how do you want to feel about work, in general? Not the PLACE itself, or even what you do, but how do you want to feel about the concept of working?



KATHLEENKELLEYCOACHING.COM

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Kathleen Kelley has helped transform the lives of people around her for over 30 years. Her passion for neurology, brain health, wellness and the importance of self-care led her to become a life coach. She uses both her experience as a seasoned physical therapy professor, yoga and mediation teacher, and her thorough understanding of neuroscience to guide individuals to shift their mindset and take control of their lives.

- Physical Therapist
- Professor of Physical Therapy
- Certified Life Coach
- Formerly Overwhelmed and headed for a collision with burnout



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GET IN TOUCH

If you're interested in booking a FREE coaching call, or would like to discuss booking her for a speaking engagement, please feel free to reach out below.

<https://www.kathleenkelleycoaching.com>