

IN A WORK FUNK? HOW TO GET UN-STUCK!

1. What am I feeling?

2. What are some early indicators of a funk?

3. What is something joyful that I commit to putting on my calendar for this week?

4. List an energy vampire. What is one step you can take to shrink it?

5. What would you do if you were brave?

WIN AT WORK & LIFE

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