

Fall in love with your work

Find your red threads.

Make a note for one week of all the things you do at work that you love, as you do them, and all the things that you loathe

Loved it	Loathed it
<p>List here any tasks that</p> <ul style="list-style-type: none"> ▪ You actively look forward to carrying out ▪ Time speeds up while you're working on it ▪ You're in flow ▪ You look forward to doing the task again 	<p>List here any tasks that</p> <ul style="list-style-type: none"> ▪ You procrastinate over ▪ You try to pass on to someone else, maybe claiming it will be developmental for them ▪ Time drags while you do the task ▪ You hope you never have to repeat the task