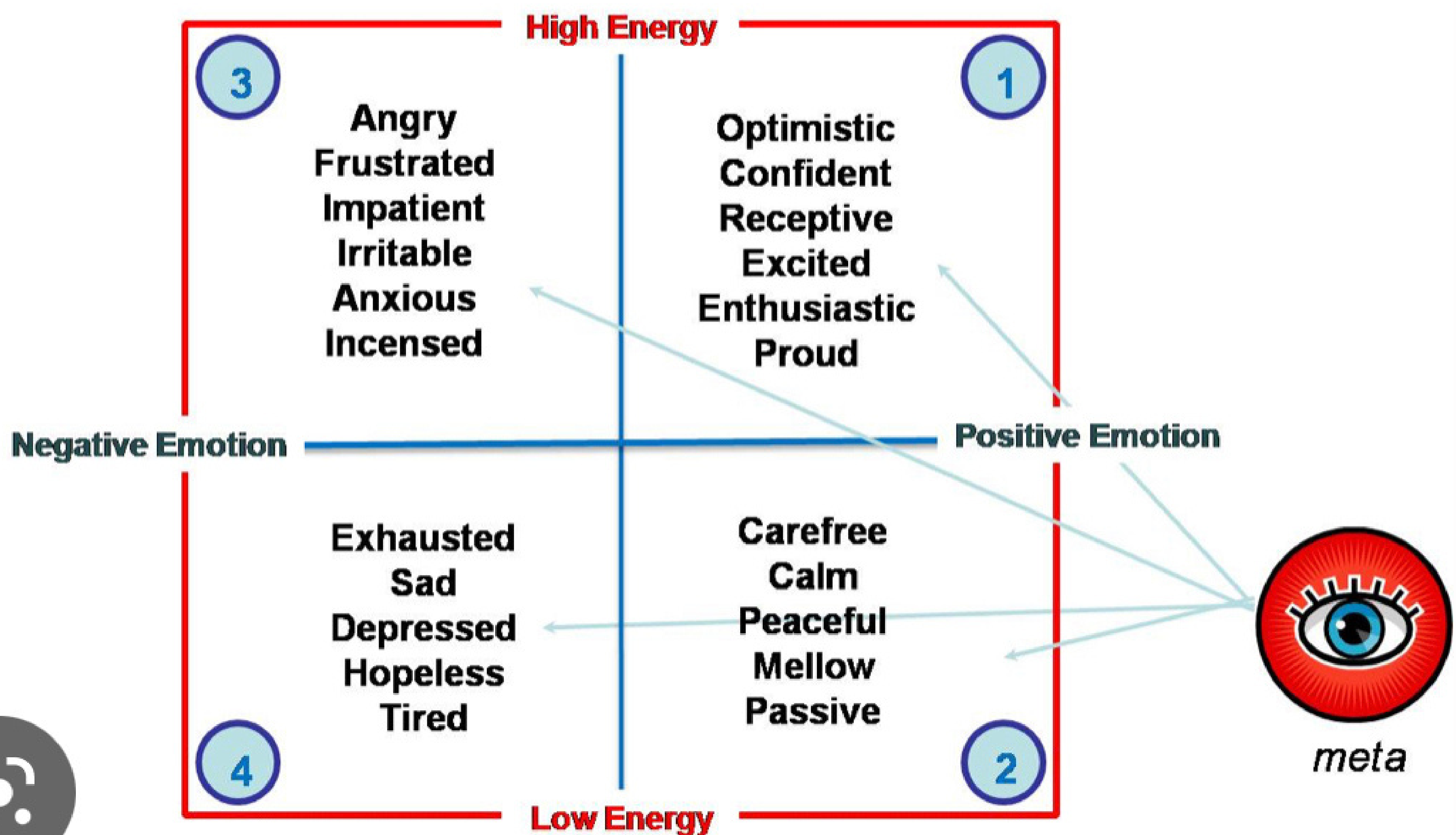


# HOW DO YOU PUT YOUR EMOTIONS TO WORK?



Source: Adapted from Carr (2004); Loehr & Schwartz (2003)

1. Ask yourself to identify which quadrant you spend most of your day in
2. Ask yourself how much time you devote to reflection and learning, for example – typically this is what gets squeezed out of your busy work schedule
3. Ask yourself what your typical coping strategies are, and what they do to change your emotional state