Many Thanks for Your Job

It's easy to focus on the negative in our work, particularly if we become overstressed in it. This exercise is to help you step back and give "many thanks" for your job.

M - Material Needs

How does your job help you meet these? Be specific.

A - Acquired Skills

What skills have you obtained because of this job?

N - New Relationships

Who would not be in your life if it wasn't for your job?

Y - Your Impact

What impact have you had on your coworkers, clients, customers?