



**Joy vs. Stress**

**Part 1: What brings you joy at work and in life outside of work?**

<b><u>Joy at Work</u></b>	<b><u>Joy Outside of Work</u></b>

**Part 2: What causes you stress at work and in life outside of work?**

<b><u>Stress at Work</u></b>	<b><u>Stress Outside of Work</u></b>

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**Part 3: Are there any common themes emerging from either Part 1 (Joy) or Part 2 (Stress)?**

**Part 4 (a): If your goal is to change jobs:**

- 1) If you were to do the exact same job in a different environment (i.e., same role as an associate in business litigation but at a new law firm):
  - a. Would you still experience the items identified in the “Joy at Work” and “Joy Outside of Work” boxes above?
  - b. Would you experience some, all, or none of the items identified in the “Stress at Work” and “Stress Outside of Work” boxes above? Why?
  
- 2) If you would still experience some or all of the “Stress at Work” and “Stress outside of Work” items doing the exact same job in a new environment, are there other jobs within your field that would allow you to experience more joy with fewer instances of stress? What steps can you take to explore this further?

**Part 4 (b): If your goal is to remain in your current job:**

- 1) What can you do to maximize and/or savor the items identified in the “Joy at Work” and “Joy Outside of Work” boxes above?
  
- 2) What can you do to minimize and/or manage in healthy ways with the items in the “Stress at Work” and “Stress Outside of Work” boxes above?

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