

# STRATEGY SESSION ONE: BE A GOOD COWORKER...TO YOURSELF



## CHECK IN WITH YOU

How are you feeling these days?

Use the list below to describe your present mood. Not all words are "positive," but it's important you are honest and accurate.

Set an alarm today and circle the mood that most closely reflects how you are feeling.

## FEELING CHECKLIST

Elated	Alone	Terrified
Excited	Dejected	Fearful
Fired Up	Hopeless	Panicky
Cheerful	Somber	Shocked
Good	Distressed	Insecure
Relieved	Let Down	Apprehensive
Satisfied	Melancholy	Uneasy
Glowing	Lost	Cautious
Glad	Moody	Nervous
Content	Unhappy	Unsure
Pleased	Disappointed	Overwhelmed
Mellow	Dissatisfied	

## CREATE A SHIFT

Are your feelings positive?

What are you doing that's working?  
How can you share your best practices?

Are your feelings challenging?

What do you need to adjust?  
Should you share your thoughts with your manager?



## GO DEEPER

What is concerning about your present situation? What excites you about the changes?

## REWRITE YOUR THOUGHTS

No matter what the situation, you can choose your thoughts. Let's clean up your headspace and create ideas that will work for you.

## CREATE A SHIFT

Nothing lasts forever. This will end.

When this is over, I will....

Others feel this too. How can I help them?

This is an inconvenience but also a sacrifice for my community.

I can't be responsible for everyone around me but I offer myself grace and do my best.

I don't like this but I am learning something.

Sometimes things are hard but it's nobody's fault.

