

2) Aspects of Work I Dislike

1. What gets you down about your 'working life' at present?
2. What do you moan about?
3. Turn your complaints around and express them as needs for the future.

Here are a couple of examples for you.

(By the way it's often easier to get someone else to help you.)

Complaint/Frustration	Need/Want
Long hours	I want more time for my friends and family
Commuting	I want to spend a max of ½ hour travelling to work