

# THE BOSS HAT *Programme*

## LOOKING AFTER YOUR HAT Lesson 1 – How do you like to work?

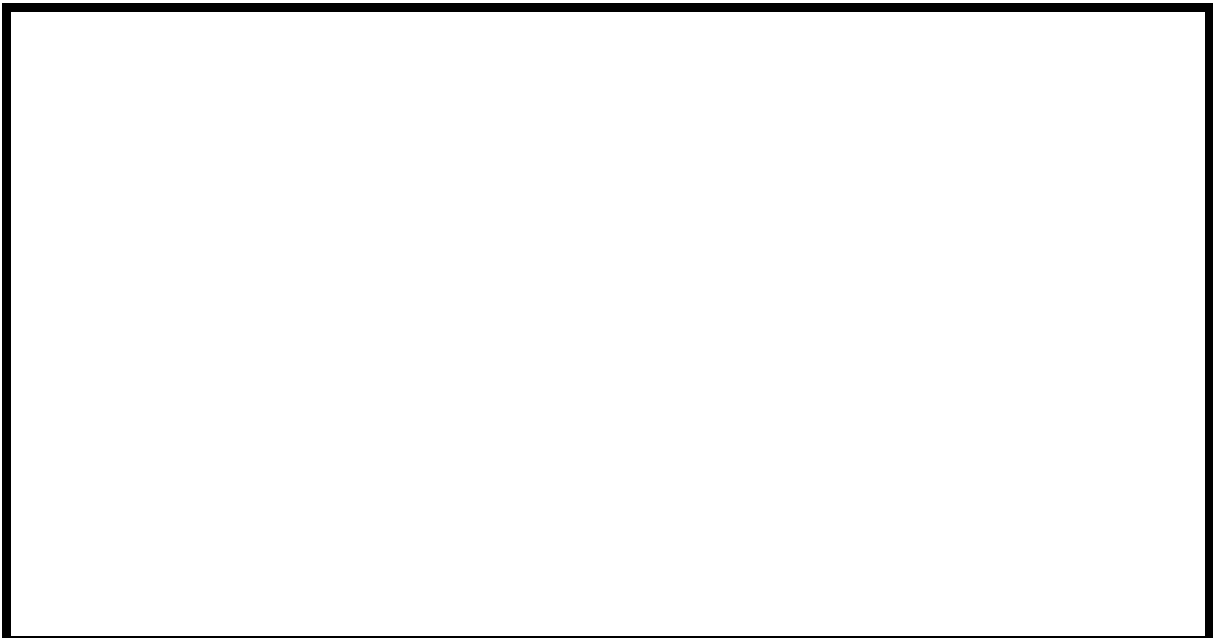
What do you dislike about your day?

Is there anything that you find yourself doing that drains you?

Is there anything that sets you off to a bad start?



Is there anything that makes you feel stressed before you even begin in the morning?



What time of day are you at your best?



NOTES:

