



# Workin' Hard or Hardly Workin'?

## When You Have Sound Career Health, It's Hard to Know the Difference

Follow these tips for help finding happiness in the workplace:

- Let things go
- Make to-do lists
- Find a way to recharge
- Focus on what you do enjoy

## **AUGUST ACTIVITY**

### Career Health Assessment

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Are you satisfied with your current work environment? This simple quiz won't answer that question for you, but it'll give you plenty to think about. Your first tip? Seek tasks that align with your interests!



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