

## Love it or Loathe it!

When it comes to reducing workload – which workload needs to go to make space is often overlooked!

If you get rid of the good stuff, in favour of efficiency, conformity and uniformity then, yes, you will have reduced your workload, but you will have also reduced the joy of your job and the joy of learning.

Investing some time in understanding your workload, is a great investment and this is a super simple way to do it.

Reflect on your day/week/month/half-term/term – whatever suits you. You don't need to write in everything you do, just the stuff you love and the stuff you loathe and then allow it to help you find clarity in deciding what needs to go... because some stuff needs to go!

Love It (this is why I do this!)	Loathe It (this stuff spoils the job!)

