

Draw a worklife line, starting just before you began work with people with DD & coming up to the present. Include:

- Some of the high points –times you remember as especially rewarding.
- Some of the low points –times you seriously questioned whether the work was for you; times you may have thought about finding another kind of work.
- Think back over the high points. What exactly made these times especially rewarding?
- Think back to the times that you moved out of the low points. How did you lift yourself back up?
- Share some of your worklife line with your team. Make a poster that shows the different rewards team members have experienced & the different ways you have lifted yourselves out of the low points.

