# Making Your Workspace Work for You

<table>
<thead>
<tr>
<th>A place I associate with feeling...</th>
<th>Some qualities of this space or place (emotional, sensory, etc.) are...</th>
<th>To bring this into my workspace I can...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy or content</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaceful or at ease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Focused and productive</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>