

# Survivor's Library Card

In order to up my chances of surviving work I will temporarily suspend diversionary tactics and go to the Surviving Work Library to actually learn something.

*As a surviving worker I.....pledge to*

- Challenge the internal voice that pipes up at 3am saying 'abandon all hope of surviving work'
- Stop reading my horoscope as a substitute for working out how to survive work
- Listen to the real experts about how to do it
- Add some of my best tips and ideas to the Surviving Work Library
- Tell someone when I need help surviving
- At some point this week ask someone I work with if I can help them survive work

[www.survivingwork.org](http://www.survivingwork.org)