



*Good day?*

Wake up and have a shower with CBC Radio 1 on loud.

I have time to have breakfast with Lizzy. We have a good laugh and arrange to do something nice that evening.

I have work to do. I love a day that has something in it, especially if I'm at the zoo or taking photos.

My photography kit is packed up and organized.

The drive to work is full of conversation and some great songs come on the radio/or I remember one of my CDs.

During work I get a chance to see and talk to people. If I make one person smile, I'm happy.

I speak to Lizzy on the phone during the day.

I spend some quieter time with the animals. Even 10 minutes helps to make me feel good.

I take a good photo! And, others say they like it too.

I'm taking things at my own pace and don't feel that I need to rush.

Lizzy and I get home in good time to eat together and we are supported to make dinner together, but it is our dish. Lizzy sits down and I serve. That makes me proud.

Lizzy and I have some time together before we go out to listen to a great band and meet with friends.



*Bad day?*

Wake up with a headache. I can get migraines.

I'm late and don't get to see enough of Lizzy in the morning.

I feel rushed as I'm up later than normal.

When I've finished breakfast I have nothing to do.

No one is very talkative and no one is around to talk to on the phone

I feel as though I'm waiting to go out and sit around, not feeling like listening to music or looking at any books.

The support staff that arrives is not good with photography so that's not an option.

I end up staying in all day and when Lizzy arrives back I'm fed up and we argue.

We are not involved in making dinner.

We don't get time to go out.