

LIST OF GOOD AND BAD EXCUSES TO GET OUT OF WORK

GOOD EXCUSES TO MISS WORK

- ✓ You're feeling sick.
- ✓ You need a mental health break.
- ✓ There's a family emergency.
- ✓ You're suffering the loss of a loved one.
- ✓ You have an appointment to attend.
- ✓ You need to take care of your child's well-being or education.
- ✓ The weather is bad.
- ✓ You encountered unexpected issues with your car.
- ✓ You've got jury duty.
- ✓ You have a doctor's appointment.



BAD EXCUSES TO CALL OFF WORK

- ✗ You lost your car keys or phone.
- ✗ You overslept.
- ✗ You're locked out of the house.
- ✗ You're stuck in traffic or bad weather, but that's not true.
- ✗ It's your pet's birthday.
- ✗ You're feeling overwhelmed.
- ✗ You forgot that it was Monday.
- ✗ You're having a bad hair day.
- ✗ You have no clothes to wear.
- ✗ You partied hard and are still drunk.

