Dear [insert your boss’ name here],

You wouldn’t know it now but I used to be fit, healthy and productive.

That was all before I had to sit at my desk for 8 hours a day.

Slowly overtime sitting all day has affected my posture, good humour and productivity.

I didn’t mean it too but you know how it is when sitting all day, it’s just so easy to fall into that post morning tea time, lunchtime, afternoon tea time, slump. I know I’ve only been caught a few times napping at my desk, I didn’t mean to and I really am sorry.

But I have made a New Year’s resolution to be more productive and be the ray of sunshine in the office ☺.

I would love it if you could support me in my New Year’s resolution and invest in a sit stand workstation from Ergopro. They are easy to set up and we can use the existing desks – you will hardly notice the difference, except that I will be happier and healthier (and awake).

Would you like me to order one now?

Sincerely,

[Insert your name here]

*“While it might be true that you have been caught napping at your desk you might not want to remind your employer of the incident and the “Bad Boss Letter” may be more appropriate if you have a practical, fact oriented management team”.*