

BACKGROUND:

We all have feelings while working – it's where most of us spend our prime years and the bulk of our time. These feelings change over time and can be anywhere between misery and ecstasy.

People who enjoy their work are typically good at making a distinction between themselves and the RESULTS of their work. This brings a detachment that allows for enjoyment of work independent of circumstances. If you don't maintain this distinction, your enjoyment will always be dependent on whether or not things are going 'well'.

In order to make changes in your career it helps to understand what you enjoy, and what you don't, in your current work. Then you can make yourself more comfortable where you are while you ponder and take action on alternative careers or new directions.

**Please remember that it is very important when making big changes in our lives to move from a position of STRENGTH - and not from a position of weakness or unhappiness.**

INSTRUCTIONS:

1. The purpose of this exercise is to help you identify **3 actions** you can take to empower yourself in your current working situation.
2. Find out what contributes to how you feel at work by answering the questions below.

NOTE: It's important to be honest with yourself as awareness is a powerful tool for change. If you deny the truth of a situation, you also deny yourself the opportunity to make meaningful changes.

**1. What % of your time at work are you feeling:**

ENJOYMENT	%
IN BETWEEN	%
MISERY	%

**2. What would you say most contributes to your enjoyment at work? (If you prefer you can write a list)**

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3. What would you say most contributes to your misery at work? (Again, if you prefer you can write a list)

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4. What would you say are the underlying critical variables that affect your enjoyment of your work?

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5. What COULD you do differently at your CURRENT work to feel better? (Brainstorm ideas here)

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6. What is the biggest difference that makes the difference as to whether you enjoy your work or not?

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7. Now, What WILL you do differently to empower yourself in your CURRENT work situation?

1<sup>st</sup> Action \_\_\_\_\_ By when \_\_\_\_\_

2<sup>nd</sup> Action \_\_\_\_\_ By when \_\_\_\_\_

3<sup>rd</sup> Action \_\_\_\_\_ By when \_\_\_\_\_

Now copy these out on *post-it notes* and stick them in your car, wallet, locker, fridge door, desk drawer or *any place where you will see them often*.