



EXERCISE 3 WORKSHEET

FLEXING YOUR REFRAMING MUSCLES

PURPOSE

To make reframing something you can do easily and naturally

RESULT

Five specifically career-related interests that are positive and focused on the future

TIME

30 minutes

PREPARATION

None, or inviting someone (a peer) so you can do the exercise together

INSTRUCTIONS

Pages 50-53

1 What was a specific career-related project, task, assignment, or moment that you really enjoyed, and why?

ANSWER

POSITIVE, FUTURE-FOCUSED REFRAME

2 What was a specific career-related project, task, assignment, or moment that you really disliked, and why?

ANSWER

POSITIVE, FUTURE-FOCUSED REFRAME



3 When were you the happiest with your overall career situation, and why?

ANSWER

POSITIVE, FUTURE-FOCUSED REFRAME

4 When were you the most dissatisfied with your overall career situation, and why?

ANSWER

POSITIVE, FUTURE-FOCUSED REFRAME

5 What statement or phrase—either general or specific—describes your work history so far?

ANSWER

POSITIVE, FUTURE-FOCUSED REFRAME
