



EXERCISE 1 WORKSHEET

THINKING EXPANSIVELY

PURPOSE

To inspire creative thinking about what you might want to do with your work life and then uncover the underlying needs that inform what you are drawn to

RESULT

A list of your interests drawn from thinking about kinds of work you find exciting

TIME

60 to 90 minutes

PREPARATION

Time and a space that helps you feel relaxed and creative, and, if you like, a buddy

INSTRUCTIONS

Pages 38-44

PART 1

PRACTICE THINKING EXPANSIVELY

What work have you done in the past that you liked?

What jobs do people you know have that you admire, respect, and think would be engaging for you?



PART 1
PRACTICE THINKING EXPANSIVELY (CONTINUED)

What jobs from movies, books, TV, and social media do you imagine would be interesting, fun, or fulfilling?

What are some of the things you would do if you won the lottery and had abundant wealth?

What would you do if you could not fail and all your choices were accepted by the people you care about?



PART 2 **UNCOVERING THE INTERESTS BEHIND YOUR IDEAS**

What about each of these jobs appeals to me?

PART 3 **FINDING PATTERNS**

What interests appear multiple times?
