

ACP | THE CAREER RESET

YOUR FUTURE BELIEFS



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THE CAREER RESET

Creating Future Evidence



This is an exciting opportunity for you to create the evidence of what the future version of you believes about you and your career. You may already have a sense of your goal, or no idea at all. Either way, you can still do this exercise.

This is your opportunity to create your ideal state. Your ideal leadership style. The skills you have learned. The relationships you build. The accomplishments you have. How you feel about yourself and your career. etc.

You're going to start to create the belief system of your future self. Dream big.

WHAT IS THE TIME FRAME FOR THE FUTURE I'M CREATING FOR MYSELF?

Consider a minimum of 2-3 years from now. But whatever you choose is perfect.

EXERCISE: THE 25 THINGS YOU WANT

USING THE TIMEFRAME YOU'VE SELECTED, LIST 25 THINGS YOU WANT IN YOUR CAREER.

They can be anything from skills you want to roles you have to relationships you build to remuneration to feelings to thoughts. Just brainstorm what comes to mind. A certain title? Certain leadership skills? A level of job enjoyment? Self-belief? And ability you don't have now. A navy blue Land Rover (no wait... that's mine!).

Do this exercise over a few days if necessary. Notice what thoughts you're having as you make your list.

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Note: the rest of the questions in this worksheet are based on the future version in the time frame you've identified. Assume you've achieved most if not all of the things on your Top 25 Want List.

WHEN I LOOK BACK, I THINK IT'S AMUSING THAT I USED TO WORRY ABOUT ...

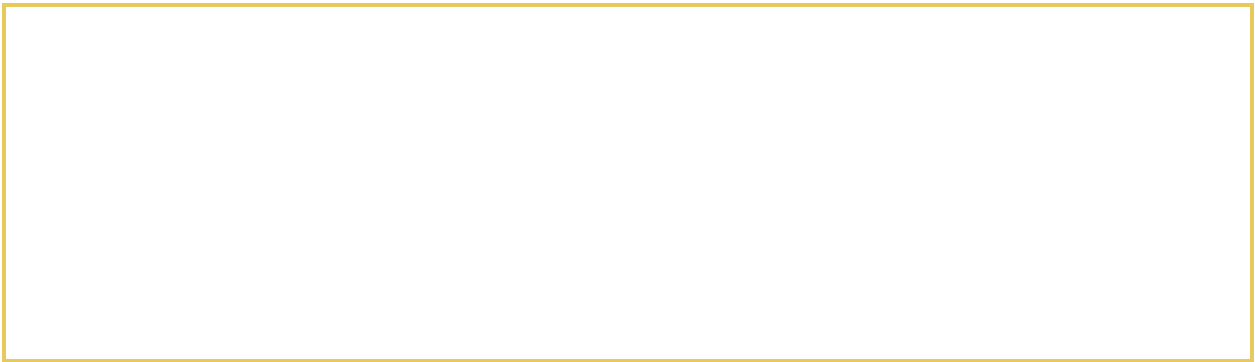
THE THINGS THAT COME EASILY TO ME THAT I USED TO STRUGGLE WITH ARE...

PEOPLE TELL ME THAT I INSPIRE THEM TO ...

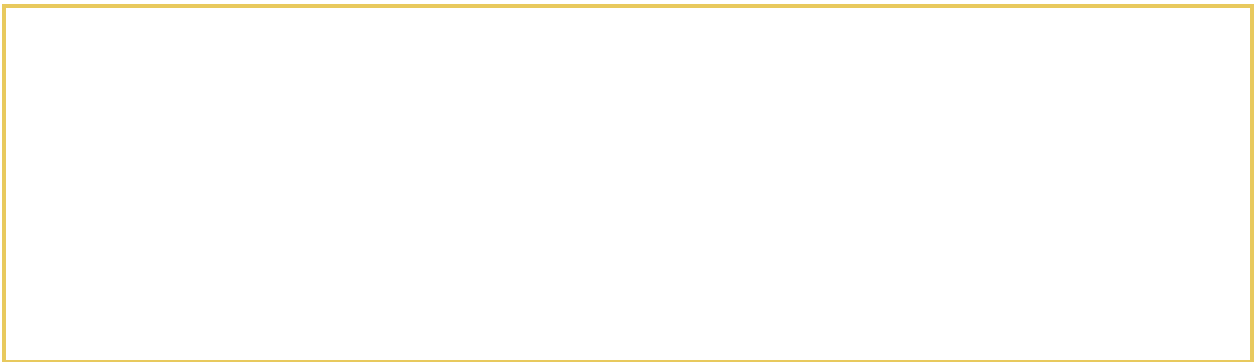
MY BIGGEST ACCOMPLISHMENTS ARE ...



WHAT I REALLY LIKE ABOUT MYSELF IS ...



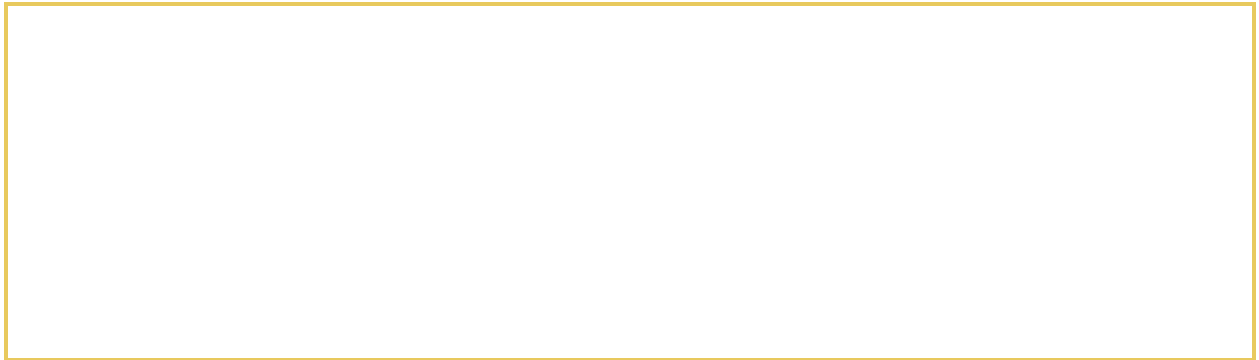
WHAT I REALLY APPRECIATE ABOUT MY LEADERSHIP STYLE IS ...



MY LEADERSHIP SKILLS HAVE GROWN MOST IN THE AREAS OF ...



WHEN I'M FACED WITH A TOUGH DECISION, WHAT I DO NOW IS ...



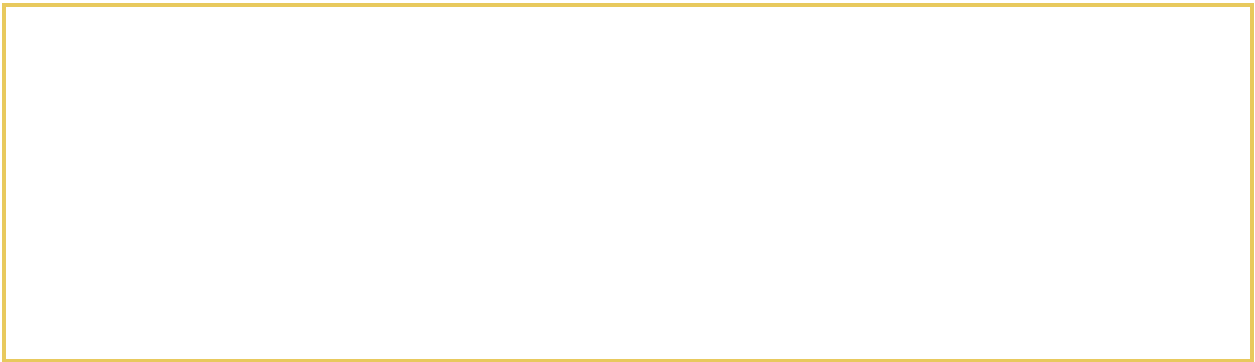
THE THING I CHANGED ABOUT MYSELF THAT I NEVER THOUGHT I COULD CHANGE IS...



I KNOW I'M VALUED MOST FOR...



WHAT I REALLY APPRECIATE ABOUT MYSELF IS ...



I AM AN EXAMPLE OF ...




THE EMOTIONS I'M NO LONGER AFRAID TO FEEL ARE ...

ON A SCALE OF 1-10 HOW MUCH DO I BELIEVE I CAN DO ANYTHING I SET MY MIND TO? (Note: 10 is high)

EXPLAIN YOUR RATING e.g. What's working? And if you're not rating yourself at a 10, what is missing for you?

I'VE ACCOMPLISHED SO MUCH SINCE I STARTED THIS JOURNEY. HERE ARE SOME OF THE THINGS I'LL BE ACCOMPLISHING IN THE FUTURE.

LIST ANYTHING ELSE YOU CAN THINK OF THAT MIGHT ROUND OUT THE PICTURE OF WHAT THE FUTURE VERSION OF YOU BELIEVES ABOUT YOUR CAREER.



Daily Journaling Prompts



Journaling is a way to hack your primitive brain. You are getting aware of the thoughts your brain is holding onto. When you're aware of what you're thinking, you're empowered with the choice to change it.

These journaling prompts can help you figure out what to journal about. Remember, they are only suggestions. If you have something else you want to journal about - go for it.

Here are some journaling tips to remember.

1. Set a time to help you focus on what you're writing and not how much time you spend journaling.
2. Don't try to be coherent and worry about sentence structure - stream of consciousness is perfect.
3. Don't judge your thoughts. Pretend you're an observer or researcher and just be fascinated.
4. You can focus on what's working as well as what's not working

DAY 1: What thoughts came up for you after watching the video?

DAY 2: What are some thoughts you have about journaling?

DAY 3: What is one of the behaviours that gets in your way? Think about the last time you demonstrated that behaviour. List all the thoughts you were thinking in that moment.

DAY 4: Pick someone you think you have a challenging relationship with. Write down all the things you appreciate about that person.

DAY 5: Read your Top 25 Want-List. What are some thoughts that come up for you - positive or negative.

DAY 6: List something you're proud you accomplished this week. Why are you proud of it?

DAY 7: Pick something you love doing in your job right now. Write down all the reasons you love it.