

ACP | THE CAREER RESET

YOUR PAST BELIEFS



Mel Savage
THE CAREER RESET

Exploring Your Past Evidence



Remember that beliefs are simply thoughts that you think a lot. You think them so hard that you believe they are facts vs. thoughts. All beliefs and thoughts are optional. Whatever you believe is a choice you are making to believe it.

Your goal is to explore your current beliefs about you and your career. Be open and honest. If you find yourself judging your thoughts, remember you're just doing some research. You're understanding the lay of the land.

First, you get aware. Then, you make choices.

WHAT DO I BELIEVE ABOUT MY CURRENT CAREER SITUATION?

WHAT DO I BELIEVE ABOUT MY CAREER IN GENERAL?

WHAT DO I BELIEVE ABOUT MY ABILITIES?

WHAT DO I BELIEVE ABOUT MY ACCOMPLISHMENTS?

LIST 5 WONDERFUL THINGS THAT HAVE HAPPENED YOUR CAREER.

1.

2.

3.

4.

5.

LIST 5 TERRIBLE THINGS THAT HAVE HAPPENED YOUR CAREER

1.

2.

3.

4.

5.

WHAT DO I BELIEVE ABOUT MYSELF?

WHAT DO I BELIEVE OTHER PEOPLE THINK ABOUT ME?

WHAT DO I BELIEVE ABOUT MYSELF COMPARED TO OTHERS?

WHAT DO I BELIEVE ABOUT MY LEADERSHIP STYLE?

WHAT DO I BELIEVE ABOUT HOW I MANAGE PEOPLE?

WHAT DO I BELIEVE ABOUT MY PERSONALITY?

ON A SCALE OF 1-10 HOW SUCCESSFUL DO I BELIEVE I AM? (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?



Daily Journaling Prompts



It is recommended to get into the habit of journaling every day. The purpose of journaling is to teach you to get aware of your thoughts.

Some people think they can become aware of their thoughts without journaling. **That is a thought error.** The act of writing down your thoughts releases thoughts below the surface; thoughts that you didn't know were there.

Most people avoid journaling because they don't want to explore their thoughts. It can be an uncomfortable process. But remember DISCOMFORT IS THE PRICE OF YOUR GOAL. We don't grow without discomfort.

If you are someone who's never journaled before, start slowly. Journal for 3-5 minutes a day. Use the prompts to help you get started. And don't worry if your sentences make sense or if there is structure to your thinking.

Just write.

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

DAY 2: What are your thoughts about either what happened at work today, or what is planned on your agenda today?

DAY 3: List something you're proud you accomplished this week. Why are you proud of it?

DAY 4: Pick something you're procrastinating on? Why are you procrastinating?

DAY 5: Pick an interaction with someone that went well. Why did it go well? What were you thinking while it was happening?

DAY 6: What's one of the biggest frustrations with your job? What thoughts come up when you think about that frustration?

DAY 7: What's one of the things you appreciate most about your job? What thoughts come up when you think about that thing?