

LOVE YOUR JOB AGAIN | THE CAREER RESET

# LOVE YOUR JOB AGAIN



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THE CAREER RESET

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# LOVE YOUR JOB AGAIN

## Day 1



### DAY 1:

WRITE DOWN WHAT YOU'RE HOPING TO ACHIEVE WITH THIS PROGRAM.

HOW MUCH TIME DO YOU COMMIT TO DEDICATING TO YOUR CAREER DEVELOPMENT THIS WEEK?

### KEEP A RUNNING LIST OF THE THOUGHTS YOU NOTICE

Things will happen throughout the day that you “love” or “don’t love”. Notice your thoughts in those moments and keep a running track of those thoughts. It’s easier to do in the moment, so if you have to write them in your notebook or a digital note and transfer them here at the end of the day.

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Lined writing area consisting of 20 horizontal yellow lines.

The more you do this exercise, the more aware you'll get of your thinking. Feel free to continue this exercise for 5 minutes every day to increase your awareness of the thoughts that are driving your feelings.