

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 2



### DAY 2:

#### DESCRIBE HOW YOU MIGHT ACT IF YOU FELT LOVE IN THE SCENARIOS YOU NORMALLY 'DON'T LOVE'.

This is just for fun. Brainstorm a bit. Make a list of the situations that you currently don't love. Then finish this sentence... If I was able to feel love in that moment I would... and then list all the possible things you would do. It doesn't matter if this is too far from reality right now... just open your mind and play a little.

#### SCENARIO

#### If I was able to feel love in that moment I would...

*The way my boss gives me feedback*

*... let my boss say things however she wants and I wouldn't take it personally. I would focus on the feedback. And if I disagreed or had another perspective, I wouldn't be afraid to share it. And when I did share it, I would show up calmly, rationally and with the intention of finding the best solution for everyone.*

*Being scheduled into back to back meetings all day*

*... stop going to meetings I don't need to be in and delegate where I can. Where it's out of my control, I would stop fighting reality and make sure I show up for those meetings as the best version of myself and use that time to advance the priorities on my career plan. I would be nice to everyone. I would be open to ideas.*

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