

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 3



### DAY 3

The 5-step process is set up for you to explore one reason at a time. You can reuse this worksheet for each of the reasons you don't love your job.

#### STEP ONE:

Fill in the blank with one of the reasons you don't love your job.

**WHY DON'T I LOVE**

...

**LIST ALL THE REASONS YOU DON'T LOVE THIS THING**

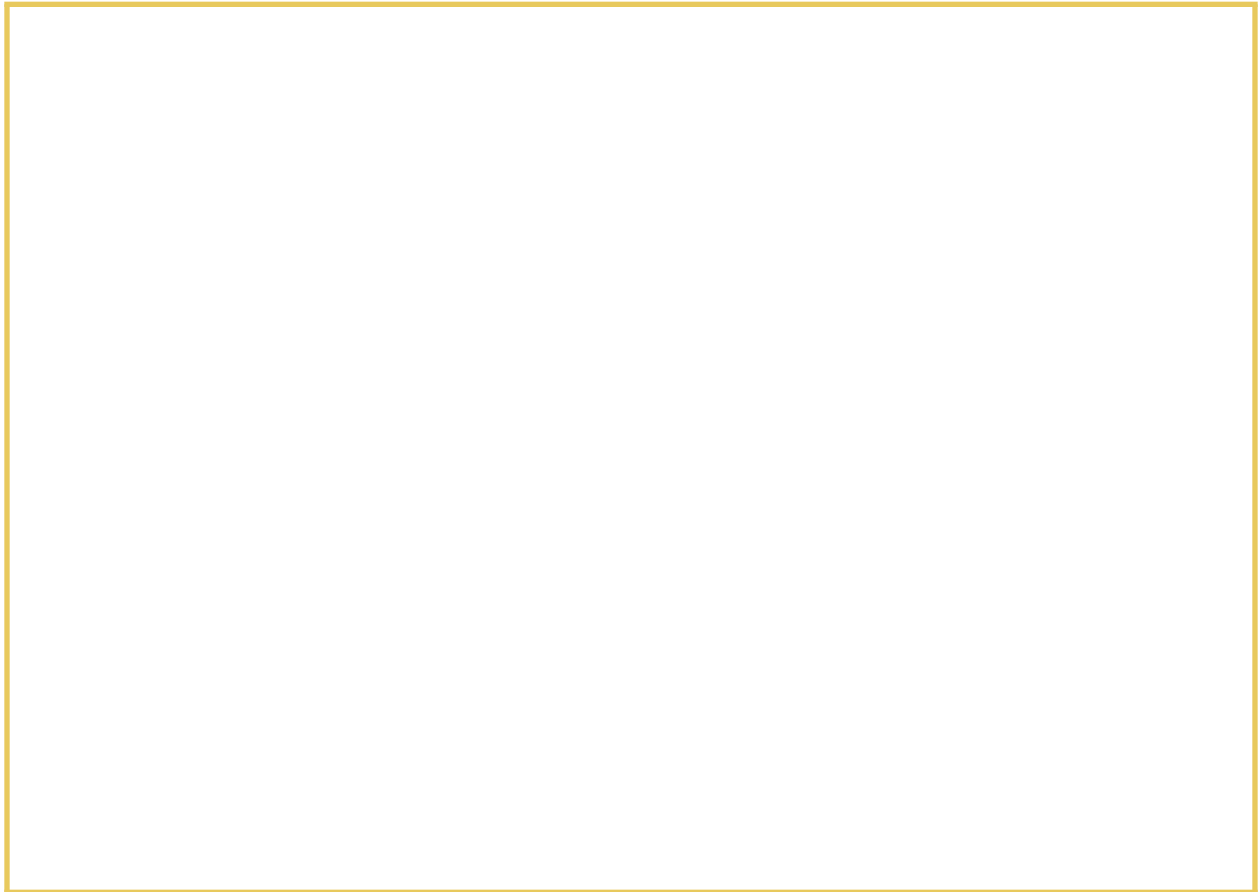
**STEP 2:**

**WHAT WOULD MAKE ME LOVE THIS THING MORE?**

Finish the sentence, I would love it more if \_\_\_\_ and then write down all the things that would help you love it more.

*E.g. I would love working with my boss more if .... They could make decisions. They valued me more. They listened to my ideas and asked my opinion. They were less critical and more supportive. They gave me more responsibility, etc.*

**I WOULD LOVE IT MORE IF ...**



**STEP 3:**

**HOW AM I MAKING EXTERNAL CIRCUMSTANCES OR OTHER PEOPLE RESPONSIBLE FOR HOW MUCH I LOVE MY JOB?**


Go and circle all the external things you would want to change. External things are things outside of you that you can't control, e.g. you can't control what people say/do or random events.

**STEP 4:**

**WHAT WOULD I THINK IF I HAD THAT THING NOW?**

So let's say all the things on your external list changed. List the thoughts you would NOW have about your situation. List as many as you can.

*E.g. I appreciate my boss. My boss is a good leader. My boss is trying their best. My boss values me. I like my job. I believe in myself. I'm making a difference, etc.*





**What can I do to make these thoughts true tomorrow?**

Thought 1

Thought 2

Thought 3

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