### EXERCISE 3 WORKSHEET

#### FLEXING YOUR REFRAISING MUSCLES

<table>
<thead>
<tr>
<th>PURPOSE</th>
<th>RESULT</th>
<th>TIME</th>
<th>PREPARATION</th>
<th>INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>To make reframing something you can do easily and naturally</td>
<td>Five specifically career-related interests that are positive and focused on the future</td>
<td>30 minutes</td>
<td>None, or inviting someone (a peer) so you can do the exercise together</td>
<td>Pages 50–53</td>
</tr>
</tbody>
</table>

#### EXERCISE 3

1. What was a specific career-related project, task, assignment, or moment that you really enjoyed, and why?

   **ANSWER**

   **POSITIVE, FUTURE-FOCUSED REFRAME**

   

2. What was a specific career-related project, task, assignment, or moment that you really disliked, and why?

   **ANSWER**

   **POSITIVE, FUTURE-FOCUSED REFRAME**

   

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**P1 | FINDING A JOB THAT LOVES YOU BACK: EXERCISE 3 WORKSHEET**
3 When were you the happiest with your overall career situation, and why?

**ANSWER**

**POSITIVE, FUTURE-FOCUSED REFRAME**

4 When were you the most dissatisfied with your overall career situation, and why?

**ANSWER**

**POSITIVE, FUTURE-FOCUSED REFRAME**

5 What statement or phrase—either general or specific—describes your work history so far?

**ANSWER**

**POSITIVE, FUTURE-FOCUSED REFRAME**