

## "Work Print™" Innercise

### ***Introspective writing can be a powerful life-changing tool!***

The objective of this contemplative writing innercise is to help you uncover some of the thoughts, emotions, feelings, perceptions and behavioral patterns embedded in your *work print*™. It will be quite helpful to be aware of and successfully manage these.

First, get your *favorite pen and journal or a pad of paper*. Next, find a quiet and comfortable space where you can reflect and write, undistracted, for at least 45 minutes. After you get settled into your *favorite chair*, close your eyes and take three to five deep breaths (try deep, diaphragmatic breathing or belly breathing - inhale slowly, letting your stomach swell and expand, pause, then exhale, slowly release). Deep breathing helps you to *relax* and center before you begin.

- Now, *write out your work story (history)* - think back to your very first job and track your journey to your current work situation (consider how, when, where, why, who, what, etc.). You can capture some of your general experiences or you can really get into the details (I strongly recommend capturing as many details as you can recall). Yes, more details mean this will take a little longer, but the more you include, the more you will discover in this process. This is a for-your-eyes-only writing innercise; so let that pen/pencil flow across those pages.
- *Don't simply write from your head; also write from your heart!* Do NOT hold back, no filters, just write whatever comes up when thinking about your work journey to date; you may think about using the "right" or proper words and format to describe your experiences and your feelings about them or you may be tempted to censor yourself, RESIST, simply write whatever comes up for you. Some of your words will be pretty and some, not so much; the goal is to get it all out of your head and heart and onto paper. Write for at least 30 minutes (remember, the more details, the better), if it takes longer than 30 minutes (great), keep writing until you are complete in describing your work story and all of your conscious emotions and feelings about it (you, no doubt, have some subconscious emotions and feelings about your work story too, but let's stick to the conscious ones, we can address the subconscious ones later).
- Tune into how your *body responds* as you write and carefully take notice.
- When you are finished and feel complete with the writing process, *sit still* for a few minutes and notice your body, how do you feel physically right now? What did you *notice about your body* as you were writing? Were you calm? Did you feel any discomfort? Frustration? Tenseness? If you felt tense, where was it located? In your neck, shoulders, chest, stomach, were your teeth clinched, etc. Jot down what you observed while you were writing and how you are feeling right now.
- Take three or more deep breaths and just sit there until you *feel complete*. Do NOT read what you wrote right away, you'll be tempted, but don't do it...nope, don't do it! Tuck your pages away in a private place for at least 24 hours.
- After a day or so, return to your pages with *fresh eyes* and review what you wrote. Take time to *carefully read* through all that you wrote. Don't rush this process, take your time.
- Jot down some of your *thoughts* about what you wrote. What did you learn? Notice any patterns? Any realizations?



***As you review your notes, consider the following:***

- Clear patterns; themes
- Genuine joyful moments
- Experiences where you were inspired to take a risk
- Specific evidence of areas where you were passionate
- Times when the learning process was easy, it flowed
- Situations when you took real pride in what you were doing
- Times when you experienced a real sense of accomplishment
- Times when you saw the possibilities and were inspired to create
- Specific moments when you were allowed to perfectly express yourself
- Engaged in activities or responsibilities that aligned with what you value
- Times when you were engaged in work that reflected who you "really" are
- Areas where you consider yourself an expert, specialist, highly competent
- Situations where you were given the opportunity and excited to learn something new
- Specific evidence of your strengths (commented on and/or observed by others or you)
- Specific times when you made a difference and remember the feelings you experienced or made a mental note

I know these are quite a few points to consider, so simply select those that resonate with you the most OR take the time to consider them all - your choice.

There's some really cool info to decode in your notes, which can be used as you explore and create your plan to transition into your just right work.

This is where I can help; I specialize in moving you through an in-depth discussion guided by skillful and powerful questions, and recommended proven strategies. I'll help you identify key findings that can help you uncover possible barriers and highlight some positive throughways.

Think of this part of the process as looking for clues to get you ready and equipped to take the next steps as you move your work and life in a new direction.

When you're ready for a little assistance, sign up for your FREE College Prep Consultation.

I look forward to supporting your success, your way!

*Robbi*