



Your Job History Re-Imagined

OBJECTIVE: *The goal of this activity is to look at your past work experience to understand what a limited story you have been telling yourself on a subconscious level. Once you understand your subliminal limitations, you will be able to re-design your script and start attracting new, more positive experiences as they relate to your work and career.*

STEP I: Please record your relevant work history in the chart below, starting at the top with the first job you ever held, and listing chronologically until the present day

- There's no need to list every single job if there were many of the same type (see my example)
- In column one, don't list company names, just the type of work you performed
- In column two, don't list exact dates, just approximate length of time you did this job (or series of related jobs)
- In column three, list words or BRIEF phrases that capture your feelings about this job; please, *DO NOT WRITE A BOOK*, just keep your ideas simple and contained within the space allotted

Type of Job or Work	Approximate time frame	Feeling Words or Phrases Associated with this Job or Type of Work
Example: Babysitting jobs	3 years, off and on	<ul style="list-style-type: none">• Liked playing with kids• Didn't feel trusted by the adults• Liked teaching kids to read
Example: Cashier at delicatessen, fast food restaurant	3 years, off and on	<ul style="list-style-type: none">• Good at cashiering• Took too many breaks• Didn't like being bossed around• Not promoted as quickly as others
Example: Waitress job at fancy coffee shop	2 years	<ul style="list-style-type: none">• Loved working at fancy place• Treated well here• Liked coworkers• Did something stupid, lost job



STEP II Now let's identify the "patterns" you may notice that are repeated through all these job experiences, such as types of work, length of employment, and negative or positive experiences.

Negative patterns	Positive Patterns

STEP III Now, turn your negative patterns into positive affirmations and add them to your positive patterns to re-write your job story. Read it out loud to yourself while standing in front of the mirror and looking in your eyes. Do this whenever you experience those old feelings of self-doubt. This will help you PERMANENTLY REWRITE (who says you can't??) your old, limiting scripts and replace them with these new, more positive ones.
