

IN THE
LOOP
OF A FLOURISHING CAREER

...

Chapter 13

Resource Pack

On the following pages you will find the exercises from Chapter 13 of the book
In the Loop of a Flourishing Career by Katherine Street

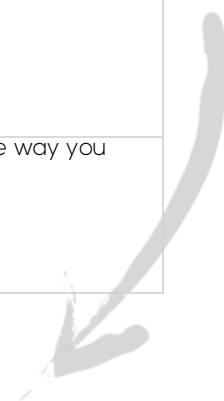
Your Career Hero Story

Date ___/___/___

Inevitably there have been times in your career where you have had to rise to the occasion and you needed to set out and face hurdles that you overcame, learnt from and were transformed by. Being able to recall the times you have been the hero in your own career story is helpful when facing future career challenges. Before you need it, recall these times.

Use the prompts below to write the story of your career with you as the central hero. Write it before you need it, so you can look back on the strengths and resources you can call on when they are needed.

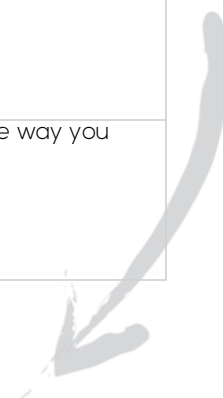
OUTLINE	DETAILS
Title of the Story	Write this last when you review what you learn from the trends and patterns you can see in the way you have responded to the challenges.
This is a story about the hero...	Insert your name as the hero.
One of the first adversities our hero faced was...	Identify an early difficult situation e.g. a tough job market, difficulties accessing learning, living the life of a pauper while studying...
This is what helped our hero overcome this difficulty...	Note the strengths you called upon, the resources you used, the way you recovered...
A positive outcome from this experience was...	Note the insights, knowledge, learning, or pathways that you uncovered (or stumbled across) through facing this hurdle...
A further adversity our hero faced was...	Identify another difficult situation e.g. a difficult boss, failing a uni subject...
This is what helped our hero overcome this difficulty...	Note the strengths you called upon, the resources you used, the way you recovered...



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OUTLINE	DETAILS
A positive outcome from this experience was...	Note the insights, knowledge, learning, or pathways that you uncovered (or stumbled across) through facing this hurdle...
Another adversity our hero faced was...	Identify another difficult situation e.g. being thrust into a stressful situation, having to take over something that was going off track...
This is what helped our hero overcome this difficulty...	Note the strengths you called upon, the resources you used, the way you recovered...
A positive outcome from this experience was...	Note the insights, knowledge, learning, or pathways that you uncovered (or stumbled across) through facing this hurdle...
And another adversity our hero faced was...	Identify another difficult situation e.g. being bored by your role, facing rivalry from a co-worker, juggling work/life...
This is what helped our hero overcome this difficulty...	Note the strengths you called upon, the resources you used, the way you recovered...
A positive outcome from this experience was...	Note the insights, knowledge, learning, or pathways that you uncovered (or stumbled across) through facing this hurdle...
A recent adversity our hero faced was...	Identify another difficult situation e.g. losing a job, changes in your home life...
This is what helped our hero overcome this difficulty...	Note the strengths you called upon, the resources you used, the way you recovered...



Your Career Hero Story

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OUTLINE	DETAILS
A positive outcome from this experience was...	Note the insights, knowledge, learning, or pathways that you uncovered (or stumbled across) through facing this hurdle...
A current adversity our hero is facing...	What are you currently facing...
What might help our hero overcome this difficulty...	What strengths and resources will you call upon...
What might emerge from facing this experience...	What positive things might just unfold, or how might you transform as the hero...

Don't be limited by the space provided and continue the story with as many challenges as you want to record.

Ask the same questions about future adversities you may face:

A future adversity our hero will face...	What might that be...
What will help our hero overcome this difficulty...	What strengths and resources will you call upon...
What might emerge from facing this experience...	What positive things might just unfold, or how might you transform as the hero...

ABCD a Career Setback

Date ___/___/___

Explore an adverse career event for the Explanatory Style you are bringing to your thinking about it.

- A. Start by explaining the adverse event. When and where did it happen, who was involved and what happened.
- B. List the beliefs you have about why this adverse event happened.
- C. Write down the consequences of your initial beliefs. Outline what you felt and/or what you did.

Reflect on your initial ABC and score it along the permanent/temporary, pervasive/specific, and personal/external criteria.

Finally, write down a reframed belief (D) and the new consequences (NC) that may emerge.

A	Adversity:									
B	Belief:									
C	Consequences:									
Score	<p>Place a mark on the line between the two statements:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"> Permanent: I see the adversity as something that will persist </td> <td style="width: 10%; text-align: center;">_____</td> <td style="width: 40%; text-align: center;"> Temporary: I see that the adversity is changeable or transient </td> </tr> <tr> <td style="text-align: center;">Pervasive: The adversity will affect many situations</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">Specific: The adversity will affect only a few situations</td> </tr> <tr> <td style="text-align: center;">Personal: I am the cause</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">External: The cause is other people or circumstances</td> </tr> </table>	Permanent: I see the adversity as something that will persist	_____	Temporary: I see that the adversity is changeable or transient	Pervasive: The adversity will affect many situations	_____	Specific: The adversity will affect only a few situations	Personal: I am the cause	_____	External: The cause is other people or circumstances
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Pervasive: The adversity will affect many situations	_____	Specific: The adversity will affect only a few situations								
Personal: I am the cause	_____	External: The cause is other people or circumstances								
D	Reframed Belief:									
C2	The new consequences:									

Emotion Words

Date ___/___/___

Circle all the emotions you are experiencing with this particular career setback:

Affectionate Angry Annoyed Betrayed Blissful Blue
Burdened Charmed Cheated Cheerful Committed
Condemned Confused Contented Comfortable Crushed
Curious Defeated Despairing Distraught Disturbed
Determined Dominated Eager Empathetic Energetic
Enthusiastic Energised Exasperated Excited Fearful
Flustered Foolish Frantic Frustrated Fulfilled Guilty
Grief-stricken Happy Helpful High Horrible Hurt
Hysterical Ignored Imposed upon Infuriated Intimidated
Isolated Jealous Joyous Jumpy Kind Left out
Loving Melancholy Miserable Nervous Outraged
Peaceful Persecuted Pressured Put upon Rejected
Relaxed Relieved Sad Satisfied Scared Shocked
Spiteful Stunned Stupid Sympathetic Tense Terrible
Thwarted Tired Trapped Troubled Vulnerable Weepy
Wonderful Worried Wronged