

Doing things differently (weekly writing practice):

Write down your change goal, and explain why it is important to your success at work.

○

Also explain how this change either makes more use of one of your strengths, or requires you to embrace aspects of yourself that you are less comfortable with. In writing about the latter, use the BUT formulation to explain why you are not comfortable, BUT how you can see your discomfort as manageable, even amusing. Smile at your discomfort!

○

Now reflect on the last week. Briefly write about any occasions during the week which you feel showed you are making the changes you want to make. For each situation you write about, note down what you feel proud of doing differently and explain the positive outcome(s) that resulted.

○

○

○

Lastly, consider your week coming up. Imagine you were writing next week's review of the week, and that this had been the perfect week - everything went as well as it could possibly have done and you fully embraced your desired changes in behaviour throughout the week. Describe one key moment in the week which sums up how perfect it has been as a demonstration of how you have developed. Note down the situation, what you did so well, and how it turned out.

○