

WELCOME TO DAY 2 - ATTITUDE

Welcome back. This is Day 2 of your 5 Day Kickstart your Career.

Remember - One of the most powerful and often overlooked elements when it comes to working out your career is to learn what are the triggers which have affected your negative manner towards work, towards the career you are thinking of having or even towards people.

These triggers are the ones to listen to as these are the ones asking you to become aware of what you are thinking/doing and a precursor to, changes that are about to happen. They can be: your behaviour, your negative thinking, your negative attitude, your negative emotions and or if you are starting to be reactive. Here lies your opportunity to start making positive changes.

Once you start making changes, you are letting go of the old and allowing the new to enter and this is when things start to improve and you start to see what has been getting in your way.

Have your journal close by in-case you want to jot down some extra thoughts.





DAY 2 OVERVIEW

Welcome to Day 2 of the 5 Day Kickstart Your Career.

You are going to be looking at your attitude today. Your attitude can affect your work environment, a possibility of a job offer that you may miss out on, climbing the corporate ladder, or even your relationship with your colleagues.

This worksheet is about Attitude. Attitude is a good one to look at. It is quite often when you are starting to notice you are not getting anywhere in interviews, or you are clashing with people or colleagues, it may be your Attitude that raises its head first. This is your first opportunity to start learning about yourself.

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Day 2: Exercise 3 ATTITUDE

THIS PAGE IS NOT OPENING UP FOR ME can you please resend this

Day 2: Exercise 4 GRATEFUL

What are you grateful for today? Please write below.



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