SeekingSuccess.com

Your Past Experience

This form gives you a place to list all of your jobs in chronological order, what your life was like at the time, some specifics about the job, and what you liked and disliked about it.

1989	Claims Examiner	Safeco	Single	45 minute drive, no travel, 38 hour week	Co-workers, learned about insurance	Regimented schedule, working with attys, no teamwork, bored quickly

Return to your list after a day or so. Do you see any patterns? How much has your lifestyle or life events affected your happiness at work? This exercise itself should provoke contemplation and values clarification.

If you have a career spanning several years or more you can see how your needs and expectations change based on your changing lifestyle.

Year	Job/ Position/ Title	Company	Lifestyle/ Life Events	Commute/ Travel/ Work Hours	Liked	Disliked

Copyright © 2000 TD Strategies LLC