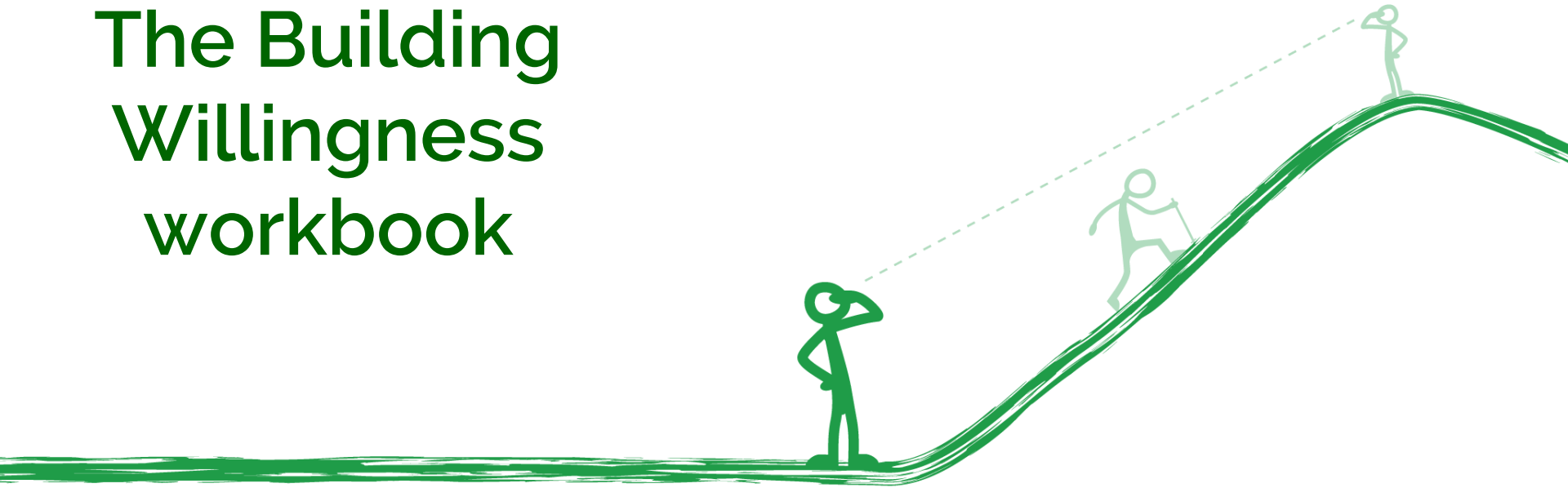


The Building Willingness workbook

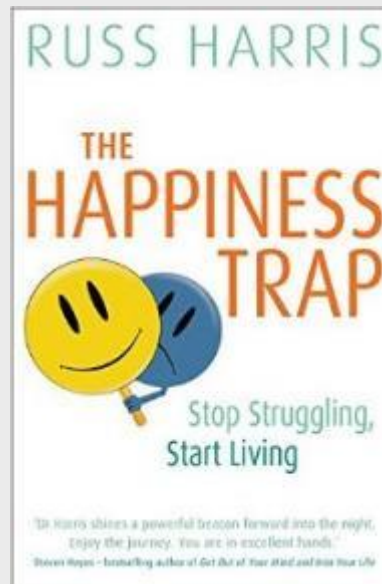


**The Career
Psychologist**

Acknowledgment

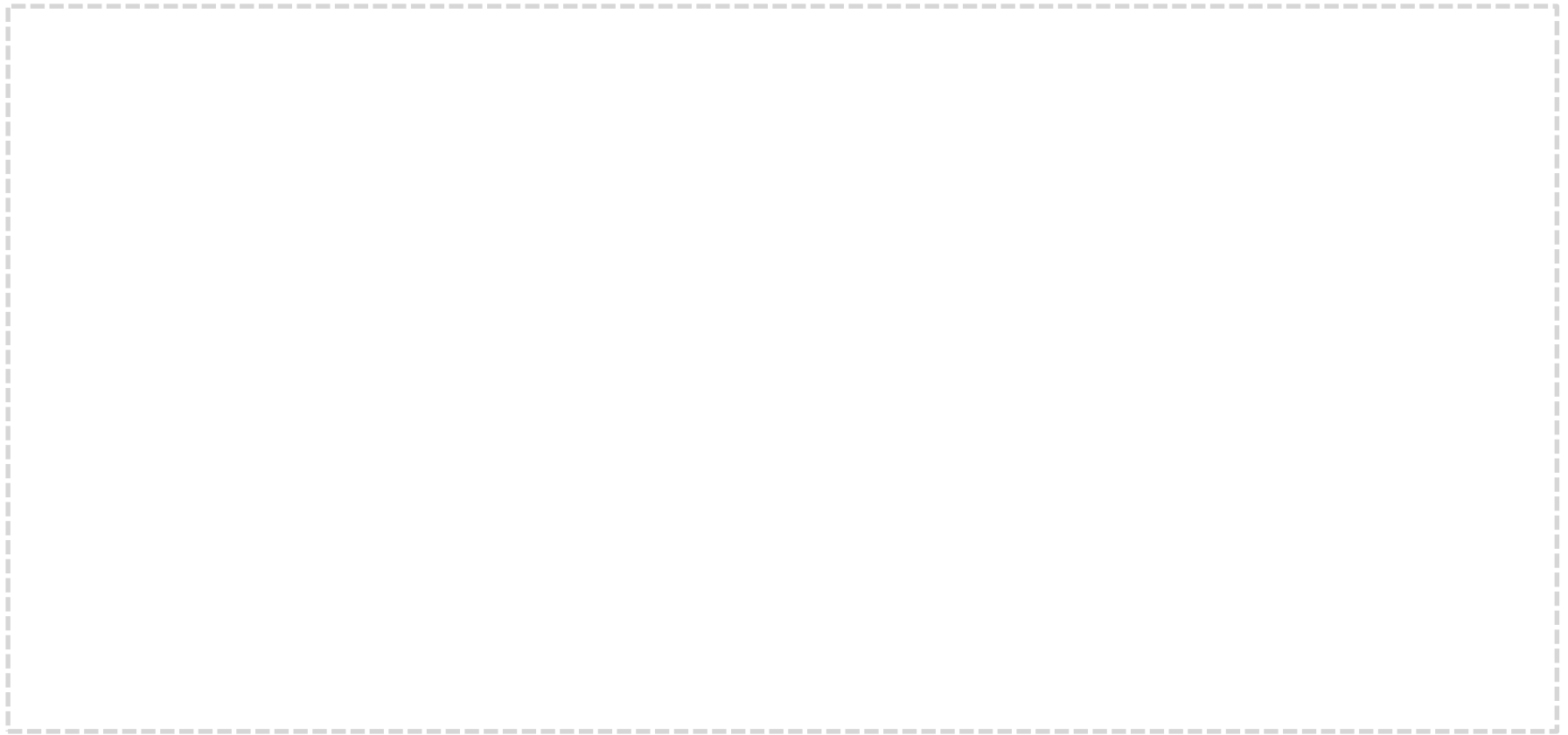
Thanks to the ACBS community, particularly our friend Russ Harris for the inspiration for this workbook.

Russ has a [similar exercise](#) in his excellent book, The Happiness Trap.



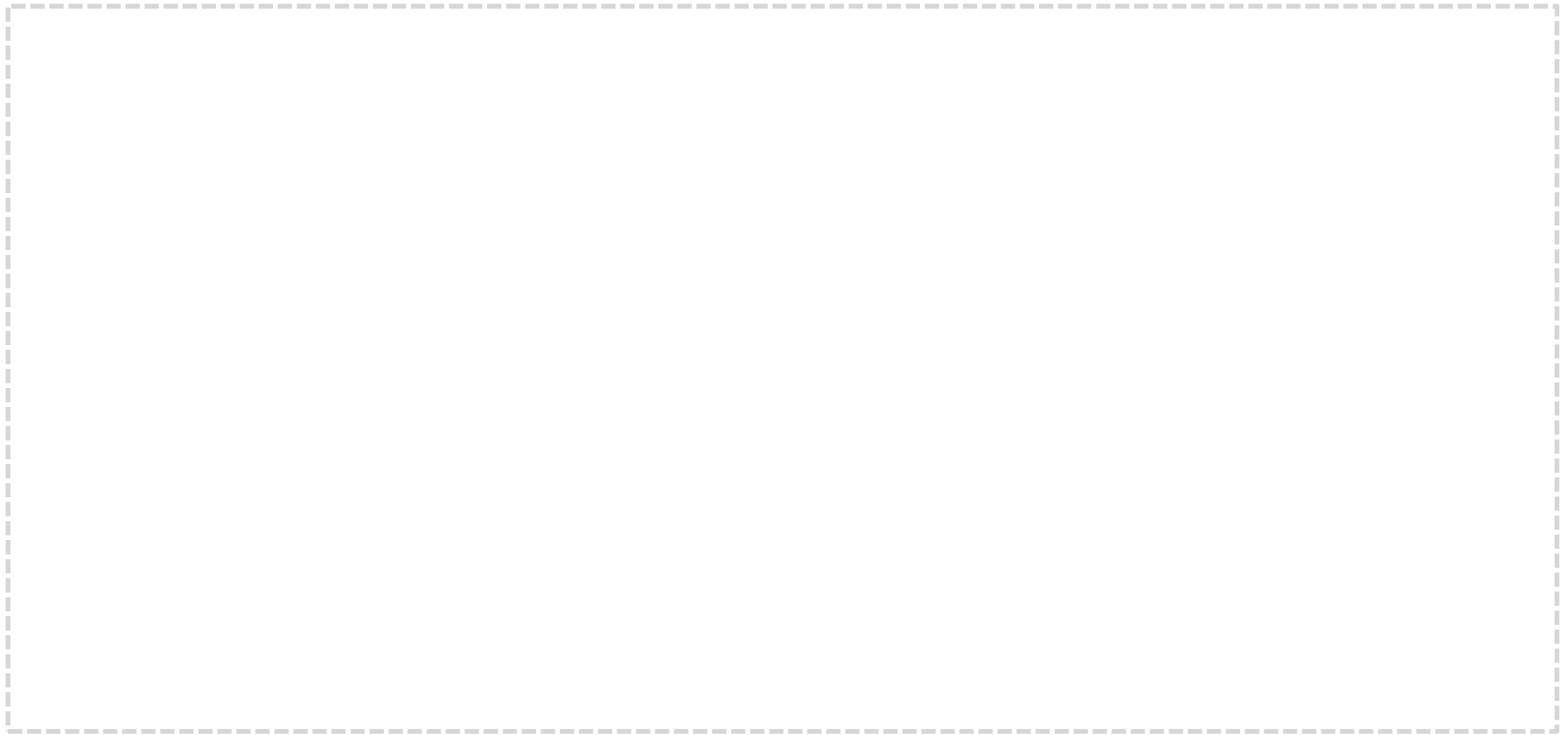
1. Identify your Vision

Summarise the ideal career (and life) vision for the future which you want to move towards.



2. Summarise your Goals

Summarise any goals which would form part of your progress towards this ideal future vision.



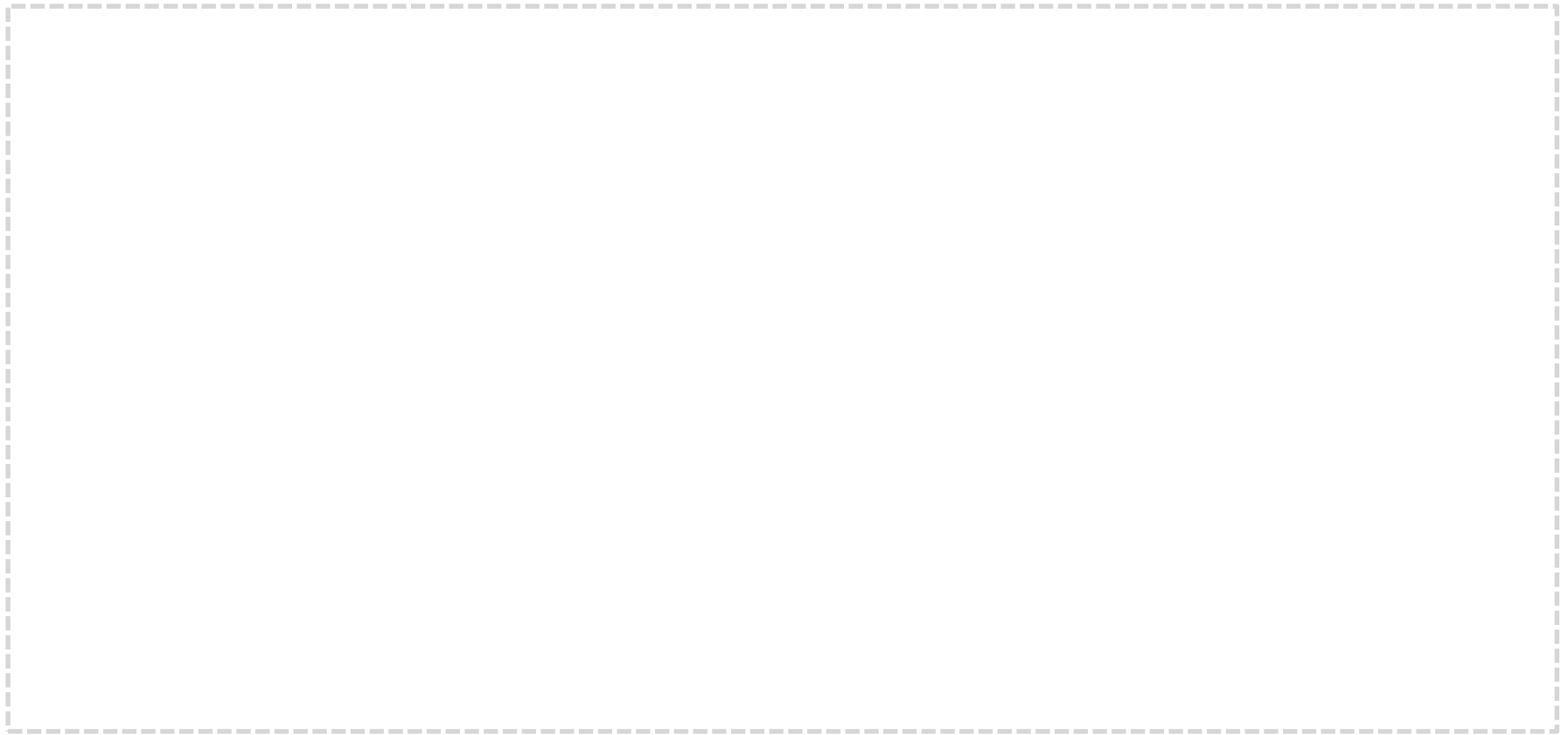
3. List your Values

Identify the values underpinning these goals (i.e. why are the goals important to you?):

A large, empty rectangular box with a dashed grey border, intended for the user to list their values. The box occupies most of the lower half of the page.

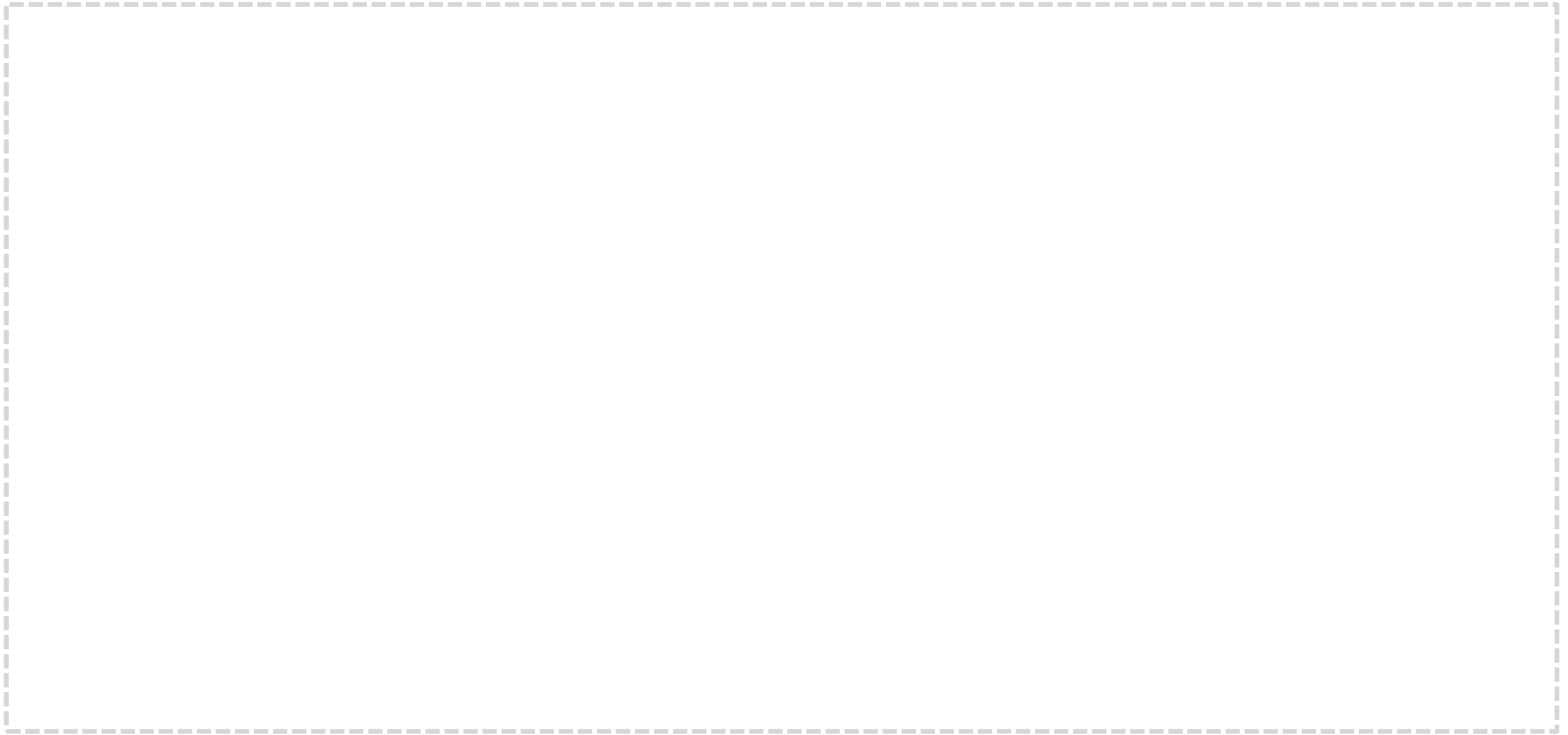
4. List your Actions

List the actions you need to take to move towards your vision, goals and values:

A large, empty rectangular box with a dashed border, intended for the user to list their actions. The box is positioned centrally on the page, below the introductory text.

5. Sketch out the Worst Case Scenario

Identify the very worst outcome(s) that could result from taking these actions:

A large, empty rectangular area defined by a dashed grey border, intended for the user to sketch out the worst case scenario.

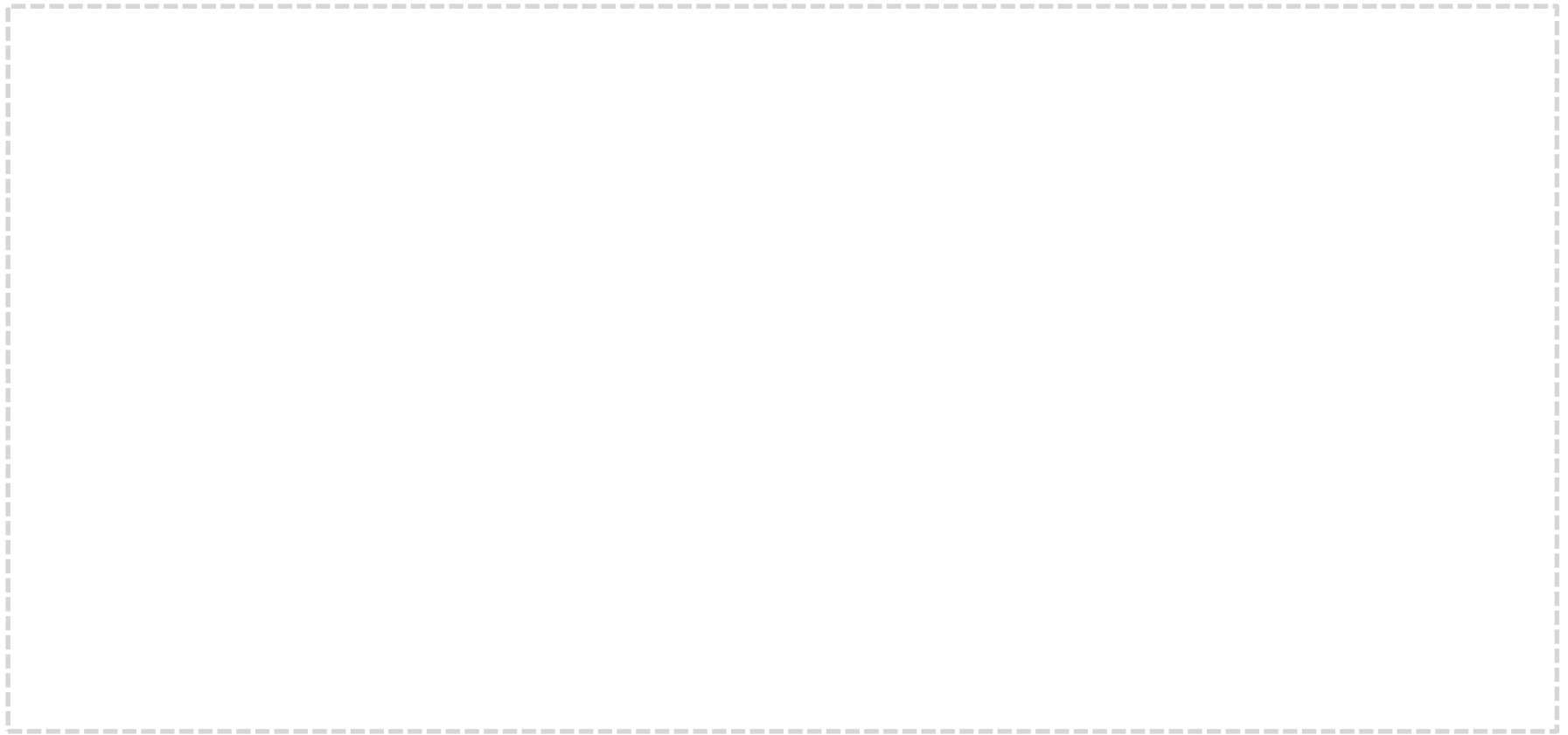
6. Risk Mitigation

In the event of the worst case scenario(s), write down the actions you would then take:



7. Difficult thoughts and emotions

Finally, identify the difficult thoughts, emotions and sensations that you are willing to make room for (i.e. accept) as you progress forward.

A large, empty rectangular box with a dashed border, intended for the user to write down their thoughts and emotions.



Thank you!



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