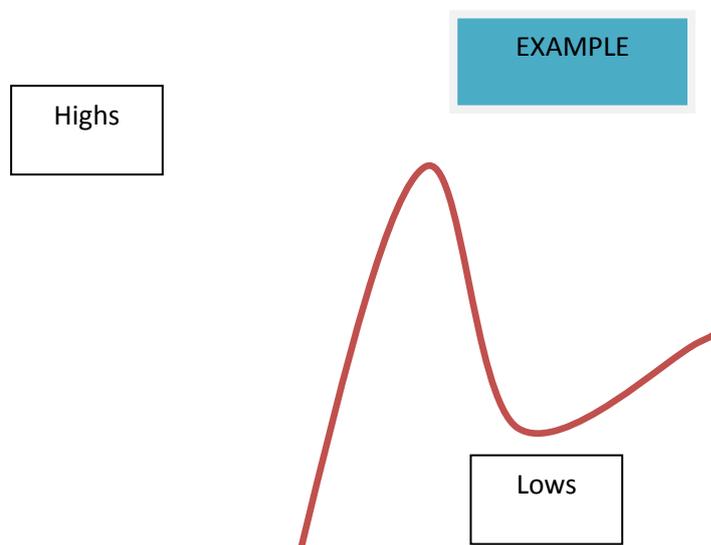


**High Life - Low Life**

This is a reflection on the major events in your work life so far.

Review your career and identify five high points and five low points. You may wish to draw your career as a line to show the highs, lows and plateaus. For each of the high and low points, identify what was happening at work and what the key feelings you had about self, life and others. Separate the feelings that are serving you well from those which are now obsolete (but may still be part of your daily functioning).

My Life as a Line:



**HIGH POINTS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Examples:**

- Good boss
- Fair pay
- Member of a great team
- Regular training
- Company has great products

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**LOW POINTS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Examples:**

- Feel stagnant
- Low pay
- Team is fragmented
- Training Regular training
- Company is declining

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**What was happening at work?**

	<b>Key Feelings about Self?</b>	<b>Key Feelings about Life?</b>	<b>Key Feelings about Others?</b>
1.			
2.			
3.			
4.			
5.			

**Identify feelings that are now obsolete?**