

Work Environmental Checkup

I've kept the questions short and simple - your answers can be short and simple too!

First, for your current situation at work, just put down the first emotion-type word that pops into your head (or describe the emotion that pops into your head). Don't overthink it.

1. When I think about my work, the emotion that I normally feel is: _____

2. When I think about my colleagues at work, the emotion that I normally feel is: _____

3. When I think about being in my current job five years from now, the emotion that I normally feel is: _____

4. When I think about the possibility of finding a different job, the emotion that I normally feel is: _____

Now, take a breath, shake off the questions you just handled.

Ready?

Assume that everything the Simmer system has promised you so far does happen.

Visualize loosely how the workplace would be then.

Put down a few sentences describing that workplace.

Now we'll answer the first questions again, with that new frame of reference (with the Let Simmer system having been successful) being the new workplace that you envisioned. Your processes are now working to the extent you foresaw in the exercise at the end of the first chapter.

Now what emotion-type words pop into your head (or describe the emotion that pops into your head)? Don't over-think it.

5. When I think about my work, the emotion that I normally feel is: _____

6. When I think about my colleagues at work, the emotion that I normally feel is: _____

7. When I think about being in my current job five years from now, the emotion that I normally feel is: _____

8. When I think about the possibility of finding a different job, the emotion that I normally feel is:
