WALK, CLIMB, OR FLY

SURVIVING AND THRIVING IN THE WORKPLACE WILDERNESS

EXERCISE 9:
THE HEADSPACE JOURNAL

THE HEADSPACE JOURNAL FORMAT

A thought diary will help you sneak up on negative thoughts and wrestle them to the ground. It can also help you clearly identify the emotional triggers that are driving you, so you can take them captive.

Grab a notebook or legal pad, or download a worksheet from www.walkclimborfly.com, as the pages in this book won't be sufficient for this exercise. Divide your pages into three columns as outlined in the example chart. Record your thoughts as you go through your work day, including notes that can help you remember context. When you have lunch or go home at night, take the time to challenge every negative thought or assertion with facts and truth, and issue your own corrective statements.

Correct your thinking using insights you find in books like this one, from the wise counsel from a trusted person, or your favorite religious or philosophical text. One of my clients really loves Yogi Berra quotes. Another finds wisdom from Oprah, Maya Angelou, and Annie Lamott.

THOUGHTS	REALITY	CORRECTIONAL STATEMENT
EXAMPLE: *James is an utter utter jerk. I hate him.*	*James is difficult and rubs me the wrong way. He is probably insecure and compensates by acting overconfident. He may wish to provoke me, which isn't worth my time.*	*I may not like him but he is probably doing his best. I can respond with courtesy, keeping my eyes on the prize and maintaining my dignity*
Eva doesn't respect me	*Eva did brush me off, but she didn't have time to talk and she told me that twice. I wasn't being very sensitive to the demands on her time, even if she was a bit rude to me.*	*I need to set time with Eva when it works for her and reset things with a quick apology.*
I am a failure	*The truth is, I don't suck nearly as badly as my insecurity tells me. Failure happens but I am not a failure. Look at my past successes!*	*"A person who never made a mistake never tried anything new." - Albert Einstein* *Time to move on!*

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THE HEADSPACE JOURNAL WORKSHEET

THOUGHTS	REALITY	CORRECTIONAL STATEMENT

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THE HEADSPACE JOURNAL WORKSHEET (CONT.)

THOUGHTS	REALITY	CORRECTIONAL STATEMENT

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