



Discovery Log

This easy exercise can lend surprisingly insightful results! Print out a copy to keep a running list of what you observe or experience about your job or work environment that you like. The listed items could be about your job or others', and about tasks, relationships, or the environment itself. Since this log is for your eyes only, be blunt with your statements. Dating every statement will help you keep track of time in your logging.

After a period of time, review the list to see what themes seem to emerge. Decide what the items tell you about your core business interests, rewards and values that can be useful in managing your career.

Likes	Date	Dislikes	Date