

## **Exercise**

### **Reflecting on your current situation**

*Here are some introductory questions to reflect on as your journey begins.*

Out of the duties you have today, which ones do you feel are the most stimulating/enjoyable?

Out of the duties you have today, which ones do you feel are the least stimulating/enjoyable?

How would you describe your situation outside of work? What do you like about it?

Do you have any challenges outside of work at the minute? Describe them!