

Boxes I Carry – Example 1

<p><b>Self View</b></p> <p><b>I'm not doing something right</b>          Am I moving fast enough <i>Not moving fast enough</i>  <b>Am I doing enough? Not doing enough</b>          I'm not communicating well          I keep talking, but am I really getting anything done – not effective?          Overly sensitive          Fear I'm not communicating well          Fear that I'm saying too many words          Fear that I'm uninspiring          Fear that I'm not relevant  <b>Fear that I'm not valuable</b>          Fear that I'm not good enough          Fear that I'm irrelevant          Feel incapable          Feel like a failure          Feel like I'm not as good as other people</p>	<p><b>Other View (Other People)</b></p> <p><b>People always pick on me</b>  <b>Throwing stones at me</b>          Judging          Mean          Harsh  <b>Arrogant</b>          People disregard others' feelings          Not fair          Wish you saw my motivations          Confident          Treating me the way they wouldn't want to be treated          They're right          Don't get a fair shake          Questioning my ethics          Questioning whether I'm a good person</p>
<p><b>Feelings</b></p> <p>Angry  <b>Defensive</b>          Condescended to          Judgmental – Give me a break  <b>Misunderstood</b>          Unwanted  <b>Picked on</b>          Disliked          Unconfident          Questioning myself  <b>Fear of Embarrassment</b>          Out of Control          Afraid people are not telling me the truth about how they see me          Not resourceful          Not resilience  <b>Fear of Failure</b>  <b>Questioning myself</b>  <b>Not strong enough to deal with life</b>  <i>Unlikeable?</i>          Insecure          Vulnerable          Uncomfortable          Doubt myself</p>	<p><b>World View (The World is: )</b></p> <p>Judgmental          Rejecting          Gives no chance at redemption          People don't like me (<b>Everyone</b>)          The world doesn't understand me          People don't see me clearly</p> <p>Don't see it as unfair          Day was tough but I learned something          Not a victim          Some people don't see me clearly          I could lose my job – the world is <i>unsafe?</i></p>

**Other Boxes - Positive World View**

**When I am in interview mindset, I:**

<p><b>Self View</b></p> <p><b>Confident</b> Inspiring Unique</p> <p><b>Capable</b> <b>Strong</b> Unique that translates across many situations and cultures Authentic Logical Effective In tune with the value of diversity Able to deal with resistance from people Inclusive Naturally driven to challenge the status quo Bring meaning to people work Good leader Give clear accountabilities Neutral, unemotional See what's best for the company Able to look through many lenses Good communicator Quick learner Structured Basis driven Questioning assumptions Insightful Enjoy people Business savvy Love to lead Valuable Respectful</p>	<p><b>Other View</b></p> <p><b>Fair</b> <b>Reasonable</b> Not malicious Respect them Objective Knowledgeable Competent Capable A good judge of people Speaking from experience Logical Make decisions based on good assumptions</p>
<p><b>Feelings</b></p> <p>Confident in who I am <b>Energized</b> Inspirational <b>Resourceful</b> <b>Comfortable</b> Comfortable with not knowing Clear about it being ok that I don't know Reasonable with myself Valuable Strong Articulate Believe in myself Able to overcome obstacles</p>	<p><b>World View (The World Is: )</b></p> <p><b>Fair</b> <b>Rational</b> <b>Fun</b> <b>Lots of opportunities</b> Good Life is good Lot so opportunities to learn Objective Failure is ok, it's recoverable</p>