

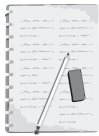
# WALK, CLIMB, OR FLY

SURVIVING AND THRIVING IN THE  
WORKPLACE WILDERNESS

## CHAPTER 1 EXERCISES



The exercises below are provided to assist readers in the completion of exercises without having to scribble in the book. This document includes the exercises with expanded area for writing. However, it does not include the other chapter content.



### EXERCISE 1: TIME SPENT AT WORK

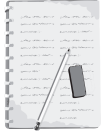
#### HOW MUCH TIME DO YOU SPEND IN WORK MODE?

Take a minute to think about the time you spend in work mode. This is not just the time you spend in the office. Consider the time you spend commuting, the time you spend prepping for work, working after-hours, and even traveling for work! Take some time to calculate your average day, week and year. Because this can get a bit complicated, we've created and Time Spent at Work Calculator at [www.walkclimborfly.com](http://www.walkclimborfly.com) to help you quickly calculate how much time you spend in work, sleep and leave mode, and how much of your "waking time" is spent working!

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### EXERCISE 2: HOW WORK MAKES YOU FEEL

**A.**

#### **BRAINSTORM**

Write down the first word that comes to mind when you think about your job/work/career. Write down any other additional adjectives that rise to your attention when you think of work, even if the words that come to mind seem to compete or conflict with each other. There are no wrong answers. Do a “brain dump” until you’re out of steam, which should take a few minutes.

*EXAMPLES:*

*Exhausted, frustrated, depressed, angry, interested, hopeful, challenged, overtaxed, disgruntled, poorly paid, overdemanding, stimulated, stressed.*

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<b>B. ORGANIZE &amp; PRIORITIZE</b>		
<p>Now, take a minute to organize your thinking by categorizing your descriptive words as negative, neutral or positive. List your words within the columns below and prioritize the words, in order of strength of feeling. Last, CIRCLE the word or words that best summarize the way you feel about your job, work, or career, today. The examples below, while not exhaustive, may help.</p>		
<b>NEGATIVE/ DYING</b>	<b>NEUTRAL/ SURVIVING</b>	<b>POSITIVE/THRIVING</b>
<ul style="list-style-type: none"> <li>▪ Dissatisfied</li> <li>▪ Frustrated</li> <li>▪ Depleted</li> <li>▪ Used</li> <li>▪ Bored</li> <li>▪ Hopeless</li> <li>▪ Depressed</li> <li>▪ Enraged/Angry</li> <li>▪ Burned Out</li> <li>▪ Giving Up</li> <li>▪ Miserable</li> </ul>	<ul style="list-style-type: none"> <li>▪ Uncertain</li> <li>▪ Satiated</li> <li>▪ Utilized</li> <li>▪ Compensated</li> <li>▪ Persevering</li> <li>▪ Neutral</li> <li>▪ Acclimated</li> <li>▪ Juggling</li> <li>▪ Playing the Game</li> <li>▪ Finding My Way</li> <li>▪ Indifferent</li> </ul>	<ul style="list-style-type: none"> <li>▪ Satisfied</li> <li>▪ Gratified</li> <li>▪ Energized</li> <li>▪ Rewarded</li> <li>▪ Challenged</li> <li>▪ Purposeful</li> <li>▪ Content</li> <li>▪ Joyful</li> <li>▪ Rested</li> <li>▪ Engaged</li> <li>▪ Optimistic</li> </ul>


**C. SURVIVING OR THRIVING?**

Finally, looking at your results and factoring in how you *most* feel about work, take a minute to plot your position on the “surviving-to-thriving continuum” below. Consider the number and weight of the negative, neutral and positive words you wrote down. Where are you today? Place a marker on the line below:


**DYING**



**SURVIVING**



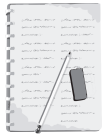
**THRIVING**



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### EXERCISE 3: YOUR DEFINITION OF SUCCESS

#### HOW DO YOU DEFINE SUCCESS?

Now, take a moment to write down how you currently define the word "success." Consider all the elements you consider critically important, such as pay, benefits, vacation time, and other perks, professional mobility, advancement, influence, networking, monetary gain, work/life balance, and any other things you associate with success or the attainment of it. Write a definition of success that you could stand up and share in a room full of trusted colleagues.