Connect to Your Career

1-5 Positive Thinking

1. Using the table that follows, enter your thoughts about the career-search process. Record both negative and positive thoughts. Try to freewrite, which is writing without stopping, while completing this activity. What did you learn from this?

<<Place Answer Here>>

2. Save your Word document. Name your document *FirstnameLastname\_*Activity1-5.docx (i.e., JohnSmith\_Activity1-5.docx).

|  |  |
| --- | --- |
| Negative Thoughts | Positive Thoughts |
| <<Place Answer Here>> | <<Place Answer Here>> |