



HARRISON BARNES

Career Tests

EXERCISE C

LIKES AND DISLIKES EXERCISE

Get a piece of paper and pen right now and set a timer for five minutes. Now make two lists, one for the things you enjoy and one for the things you don't enjoy. Start the timer and write down as many as you can think of.

Make sure you keep writing for the full five minutes. Real quickly, brainstorm. Write as much as you possibly can. We are working with your subconscious mind here. Your subconscious mind is picking up all this information. It is exceptionally important that you write down everything you don't enjoy, too. Don't just write what you think you should write. You need to write everything you can. If you don't enjoy something, write it down. Don't censor yourself. Just write, write, write.

Write anything that comes to your mind. You should write at least 50 different things to get a sense of this. Do not look at the lists you did in the exercise above. Just write everything that comes to mind for you.

LIKES AND DISLIKES EXERCISE

What I Like	What I Do Not Like



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What I Like	What I Do Not Like



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What I Like	What I Do Not Like

Now take a look at your lists. What do you enjoy? Whatever it is, there is a job that fits it. Maybe you enjoy yelling at people. That's okay. There is a job for that. Maybe you enjoy dancing in a bathing suit. There is probably a job for that too.

What you don't enjoy is equally important. You want to avoid jobs that require you to do those things that make you unhappy. This is your roadmap.

Type up this list and tape it to the wall. Refer to it often as you look for a job. This may be a very simplistic, elementary exercise, but it is so important. You must understand what you enjoy and what you do not enjoy if you are going to find a career that truly makes you happy.