



# HARRISON BARNES

Career Tests

## EXERCISE D

### YOUR POSITIVE AND NEGATIVE FEEDBACK EXERCISE

You need to understand where you are getting your feedback from, and more specifically, where your negative feedback is coming from. This exercise will help you figure this out. Here, you should jot down the first things that come to mind: Only you know what should be listed. Your positive feedback could be from being a good long-distance runner, for example. Your negative feedback could be that you are a bad cook. I really do not care what it is—you just need to go through the exercise as exhaustively as possible.

### YOUR POSITIVE AND NEGATIVE FEEDBACK EXERCISE

What I've Gotten Positive Feedback For	What I've Gotten Negative Feedback For



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What I've Gotten Positive Feedback For	What I've Gotten Negative Feedback For