

# Guiding Your Expectations

## "SPILL ACTIVITY"

*For this activity, you will need:*

- One piece of paper
- A writing utensil
- 10 minutes of uninterrupted time

*The goal of this activity is to help you understand the thoughts that are in your mind as you are making career decisions, specifically the ones that may be holding you back. Once you identify these thoughts, we can work to "flip" them so that they are on your side, rather than against you.*

*When you are responding to the prompts, don't take a lot of time to think about what you're writing--just let your thoughts "spill" out!*

- 1** Draw a line down the center of your page.
- 2** Set a timer for 5 minutes.
- 3** On the left side of the page, jot down a list of fears, hesitations, or doubts that are coming up for you or have come up for you in the past when making decisions. An example is the thought: "I'm not smart enough to be a nurse."  
*Remember: This is a spill exercise, so just keep writing! Try to write for the full 5 minutes.*
- 4** Now, on the right side of the page, FLIP every sentiment from the left on its head. So, across from the example, you could respond. "I am intelligent and can learn how to be a nurse." For those that you cannot find a way to flip, try to think of a solution to the problem it poses.
- 5** Reflect on your experience--were there any that you had trouble with? What have you learned from this experience?