



Teleport Yourself

Rediscover your rookie state.

Transport yourself in time and place to when you were new to an important piece of work or challenge. Remember how you felt, what you did, and how you approached the work. Use this insight to help rekindle a rookie mindset in your current work.

PRACTICE:

Recall: Identify a time when you were a rookie (new to an important, hard task)

When was it? YEAR MONTH DAY

Where were you?

Reflect:

1. What were you nervous or worried about?
2. What didn't you worry about?
3. What were you hopeful about?
4. What could you see that others couldn't?
5. Who did you seek out for expertise or guidance?
6. What did you do to prove yourself quickly?
7. How did you get feedback and stay on track?
8. What mistakes did you make? How did you recover?

Renew:

How would this rookie version of you approach your current job?

What specifically would you do differently?

CAVEAT: If possible, actually physically return to the scene of your first time. Go back to your old office or put on your interview suit and go sit in the building lobby of your first job and remember what it was like.

PROMISE: As we gain experience, we increase knowledge and capability, but we also can become callous or blinded by our expertise. By remembering how we worked when we were new, we can combine the best of expertise and naiveté