

**Activity:**

# What's Your Emotional Baggage?

This activity is about the rocks you carry with you, every day, to work.

Emotional baggage refers to the symbolic “rocks” or “weight” we carry around us: the feelings about ourselves, our work, our experiences that affect us in a negative way. What you worry about = your emotional baggage. These things take up space in your mind and drag you down, in many ways. So, what you carry with you to work can impact your ability to be productive and engaged.

What's in your emotional baggage? Review the list below and check off the rocks in your baggage.

- ☐ Afraid I might get laid off
- ☐ Afraid we will re-org again
- ☐ Coworkers and their quirks drive me nuts
- ☐ Current personal relationship isn't satisfying
- ☐ Don't like my job or career
- ☐ Fear of being embarrassed
- ☐ Fear of being wrong
- ☐ Feel I'm underpaid
- ☐ Have a new manager and I don't like him/her
- ☐ Have low self-esteem
- ☐ I'm a new manager and I don't know what to do
- ☐ Imposter syndrome: I'm not as smart as they think!
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_