

action step - believe in the possibilities

what do you LOVE doing?



Let's identify work that you enjoy doing and work you don't enjoy. Then you can look for ways to do MORE of what you like and LESS of what you don't like.

WHAT DO YOU GET LOST IN - WHEN YOU FORGET TO EAT AND STAY UP LATE TO WORK ON?

WHEN YOU HAVE A GREAT DAY AT WORK, WHAT ARE YOU DOING/WORKING ON? (Meeting new people, fixing a problem, creating a new presentation, training someone, putting out fires, making order out of chaos...)

action step - believe in the possibilities

Top 5

What are 5 things you LOVE doing? What skills do you have? What do people tell you you're good at/ask you to help them with? (Photography, meeting people, spreadsheets, puzzles, sports, training, listening - it can be anything.)



5 THINGS I LOVE/I'M GOOD AT/PEOPLE ASK ME TO HELP THEM WITH:

1.

2.

3.

4.

5.

3 THINGS THAT I DON'T LIKE

1.

2.

3.

action step - believe in the possibilities

More of / Less of



Make a list of what you'd like to do MORE OF at work and what you'd like to LESS OF at work:

MORE OF:

1.

2.

3.

4.

5.

LESS OF:

1.

2.

3.

4.

5.

action step - believe in the possibilities

Creating your perfect job

If you could create your own perfect job, what would that look like?



WHERE? Would you work inside? Outside? Work with thousands of people or just a few? Startup or Fortune 500?

ALONE? LEADER? Would you work quietly on your own or be in the thick of things? Do your own thing or manage others?

SALARY RANGE? / VACATION TIME?

COMMUTE? / AMOUNT OF TRAVEL?

TYPE OF PEOPLE YOU WANT TO WORK WITH?

TASKS YOU LOVE DOING?

THINGS YOU ARE PASSIONATE ABOUT? computers, art, food, health, physical exercise, helping others, music...

action step - believe in the possibilities

Top 10

Look over your action sheets: things you like, don't like, salary, commute, types of people, your skills, work environment, tasks you like doing, things you're passionate about...

Come up with a TOP 10 list from these things. "I'd like to make this salary, doing these kinds of tasks..."



TOP 10 MUST HAVES FOR WORK:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.