



5 Steps to Finding *YOU* in the Work You Do

This 5-step workbook will help you connect to who you are so that you can start thinking about work, not as work but as a calling.

Let's face it. Somewhere along the way from childhood to adulthood, things got complicated. We went from our worst day being one where we dropped our ice cream cone to one where we are worrying about keeping a roof over our heads.

But, it happens to all of us. Whether we want to admit it or not, we become adults, dealing with adult issues and making adult decisions. If you feel stuck because you took a path that you thought would make you happy and now you don't know why you're not, you're not alone. If you wonder, 'how did I get here and now what do I do?', you're not alone. Many of us think we're doing the 'right thing' by taking jobs that align with our training or education and wonder why we feel stuck, unmotivated and unsatisfied.

If some or all of this resonates with you, it's time get connected to WHO you are rather than WHAT you do to make choices that will bring you the fulfillment in the work you desire. Are you ready to Check it Out, Get Strong, Picture It, Add Val-You's and Jump In? If you just yelled Heck Yea!!...

....Let's Get Started!

.....If you didn't, let's try that again!!

1. Check it Out!

Do you check in to work just to check out soon after you arrive? Well this is your opportunity to check out with encouragement! This is where you get to list the things that you find yourself researching on the web at the office or at home on your down time. If you were to open a new browser right now, what website would you almost instinctively type in? What blogs do you stalk? Which authors and topics light you up? What trends or themes about your searches do you notice? Why? What do you like about them and what do you learn when you go there?

Let's find out!

List websites that you like to go to:	Why do these interest you?
1	
2	
3	
What trends are you following:	Why do these interest you?
1	
2	
3	

2. Get Strong!

When we think about finding the right job, we are often asked to consider our strengths. Although strengths are important in order to best handle tasks required of the job, it's also important to understand what makes you feel strong! To differentiate, our **strengths** are things we are good at (organizing, analytical thinking, mathematics, etc). When we feel **strong** we feel empowered – it's where our strengths overlap with the things we like doing.

For example, you might be great at building things with your hands but, you really enjoy helping people. Maybe feeling strong for you is blogging about how to make or fix things that help people.

Let's capture some of each!

My strengths are:

- 1.
- 2.
- 3
- 4.
- 5.

I feel strong when I:

- 1.
- 2.
- 3
- 4.
- 5.

3. Picture It!

We have all heard many times that picture is worth a thousand words. But some pictures don't even need explaining. Images allow us to bring emotions to ideas and thoughts where words sometimes aren't easily found. When feeling stuck or unmotivated, an image can draw out a different perspective for us which can open us up to being more creative and productive.

Draw or paste an image below each statement (*you can even Google, copy and paste from the Internet*) that best represents that statement for you. This is where you get to let your creativity FLY – don't use any images with words – that's cheating!

1) Sometimes when I daydream at work this is what I think about.

2) This is what I know I can accomplish in my career.

3) This is how I would **feel** if I achieved everything I wanted in my career.

4. Add Val-You's!

Ok so let's now talk val-you's (but of course I mean, values). Values are not morals or ethics. Let's differentiate them for clarity shall we?

- **Values** are the rules that we make for ourselves that guide how we show up and how we make choices on any given day.
- **Morals** are based on ideas of right and wrong with greater social impact and have broader acceptance
- **Ethics** tend to be coded into some formal system or set of rules adopted by a group – such as a code of ethics for a particular set of individuals/professionals.

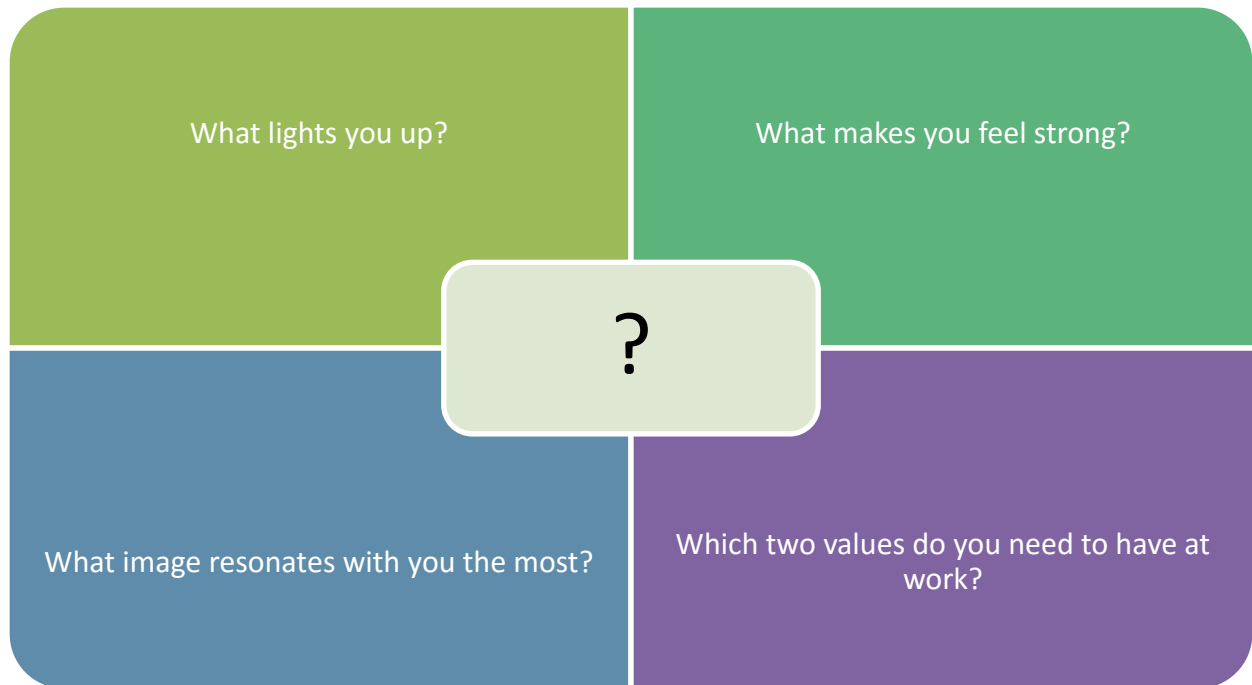
So here we want to discover what values are a requirement for you to be happy at work. For example, if you need natural light at your desk, BOOM – that is a value. If you need a boss that doesn't micro manage you, BOOM – another value. There is no judgement here. This is just a place for you to be open and honest about what you need that you know will make you happy. If it helps, also think about what you know hasn't made you happy in the past – that should quickly stir up ones that do 😊

List your five biggest work values (in any order) and put a * by two that you just refuse to do without. Then next to each one, describe briefly WHY.

VALUE	WHY
1	
2	
3	
4	
5	

5. Jump In!

Now it's time to JUMP IN! Look over your work and see where the overlaps are. Write in what stood out most for you in each activity in each of the quadrants below.



Now with both feet, JUMP IN further!

What have you learned about yourself and the work you **will** be doing? Below, write a short paragraph to describe it.

NEXT:

Identify three ways that you can close the gap between where you are now and the paragraph you wrote above in step 5.

- 1.
- 2.
- 3.

Select one of those options above to research.

Contact me to set up a free 30 minute coaching session around your responses.

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