

thrive

PROFESSIONALLY

Hello Friend,

I AM SO EXCITED YOU ARE MAKING THE DECISION TO THRIVE IN YOUR CAREER!

This resource was designed to lead you through 4 easy steps for achieving career wellbeing. Before we begin our journey together, ask yourself,

“Do I like/enjoy the work I do every day?”

“Do I wake up each day looking forward to my work?”

If you said yes to, you are most likely thriving in your career because you find your work to be fulfilling and meaningful. Research shows people with high career wellbeing have 3 key things in common:

1. They genuinely enjoy the work they do each day
2. They have the opportunity to work in their strengths and areas of interest
3. They have a leader who motivates, inspires and encourages their growth

If you don't find your vocational work enjoyable, fulfilling and meaningful, and if you are ready to take bold action to begin THRIVING professionally, here is a GUIDE to help you LEVEL UP in your career.

► Directions for using this guide:

1. First explore the resources section and complete the assessments to gain more insight into strengthening your career wellbeing.
2. Identify and write down your personal values, aspirations, passions, strengths etc. on page two of this guide.
3. Write down your career goals, action steps, your purpose, etc. on page three of this guide.
4. Discuss your Thrive plan with a friend and be sure to have them sign up to download their free Thrive guide.

► TIPS FOR THRIVING PROFESSIONALLY

- Spend time with someone who not only shares your mission, but can also encourage your growth.
- Schedule a weekly/biweekly/monthly connection with a friend for personal growth.
- Be intentional with connecting with others you enjoy throughout your work day. Take mini-social breaks.

Make the decision today to THRIVE right where you are at.

- Find ways to use your strengths at work. Ask for specific projects and assignments you enjoy.
- Respectfully lead up to your boss and ask for what you need to succeed and perform your best work.
- Realize and Activate your personal power. You have knowledge, skills, abilities and relational resources. Cultivate them to help you succeed.

► RESOURCES

Recommended Books:

- Self Leadership: The One Minute Manager by Ken Blanchard
- Wellbeing by Tom Rath and Jim Carter
- Insight by Tasha Eurich
- Strengths Finder 2.0 by Tom Rath

Online Assessments and Other Resources

- Strengthening Career Wellbeing: <https://www.careerkey.org/pdf/Strengthening-Career-Well-Being-Professionals.pdf>
- Career Assessment: <https://www.truity.com/test/holland-code-career-test>
- Career choices: <https://www.truity.com/page/holland-code-riasec-theory-career-choice>
- Personal Values Assessment: <https://www.valuescentre.com/our-products/products-individuals/personal-values-assessment-pva>
- Personal Strengths Assessment: <https://www.gallupstrengthscenter.com>
- Passions Assessments: <https://openpsychometrics.org/tests/RIASEC/>
<http://static.oprah.com/pdf/passion-hexagon.pdf>
- Professional Career advice/coaching: <https://www.themuse.com>
- Steve Jobs career talk on loving what you do: <https://youtu.be/UF8uR6Z6KLc>
- Thrive in how you work, lead, live and love: <https://justluminare.com>
- Wellbeing Finder Assessment: <https://www.wbfinder.com>



▶ ASPIRATIONS

What do I really want out of my work life?

(eg. be a senior leader, recognized expert/professional, influencer, etc)



▶ FIT

What type of environment makes me happy, energized & engaged?

(eg. independent, collaborative, flexible, empowering, etc)

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For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10 NIV

▶ PASSIONS

What do I love to do?

(eg. What are my hobbies? What types of projects or activities do I never seem to get sick of? What type of activities do I find myself losing track of time doing? etc)

▶ VALUES

What are my values and how can I align them to my work?

(eg. family, compassion, purpose, etc)

▶ STRENGTHS

What am I naturally good at?

(eg. creativity, problem solving, communication, etc)

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► CAREER GOALS

What do I want to achieve?

Who do I want to become?

► MY BIG WHY

What do I believe is my purpose? What on earth am I here for?

► ACTION STEPS

What daily activities do I need to engage in to work toward reaching my goal(s)?

What do I need to STOP doing in order to start doing these activities?

What is one thing I can do **TODAY** to make progress on my goals?

► SUPPORT

What inspirational resources and/or people can encourage, motivate and hold me accountable?

► CELEBRATION

How and when will I celebrate my progress?

► CHALLENGES

What current obstacles do I need to overcome in order to reach my goals?

What will I do to overcome these obstacles?

► PROGRESS

How will I evaluate my progress?