Exercise for Career Development

Put 3 large stickies on your wall and let them be there
for 1-2 weeks as these topics percoloate
and reveal important qualities about yourself.

What have I done in my life that gave me energy –
the tasks/responsibilities in my work
that I enjoyed doing,
when I did them they gave me energy,
what have I done extracurricular that I enjoyed
(volunteering, sitting on a board, coaching a team)?

The items listed here are typically your strengths.

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What have I done that depleted my energy –
these are things I don't necessarily want
to be a big part of my responsibilities
in my next iteration of myself
and my career.

These items may be administrative,
they may be items you choose to delegate
as they are not your strengths.

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for 1-2 weeks as these topics percoloate
and reveal important qualities about yourself.

What do I want to evolve in myself?

These are responsibilities, qualities or
ways of being I want to develop in myself.

Exercise for Career Development

Let these topics massage you for a few weeks and as you think of things, write them on the list.

Notice what awareness's come up.

What are you recognizing about yourself and where you want to grow?

What is clearly evident to you?

Share this with your coach.