

My work satisfies me

My work satisfies me.

My career is engaging and meaningful. I embrace change. I am willing to take risks to help me develop my potential and discover new opportunities. I enjoy exploring different paths and sampling a variety of experiences.

I continue learning. I sign up for training programs and online courses. I add to my knowledge and skills.

I search for autonomy. I show my boss that I can handle working independently. I propose new projects and suggest valuable innovations. If I want to start my own business, I take steps to make it a reality.

I encourage teamwork and collaboration. I use kindness and humor to build a sense of community. **I share my knowledge and insights.** I take pleasure in seeing my coworkers succeed.

I make friends at the office. I choose to be authentic and transparent. I let my colleagues get to know me. I take an interest in their personal lives.

I use my talents to help others. I think about those who benefit from my work. I might teach school so children can discover the joy of reading. I might perform medical research that prevents disease and helps patients to recover faster.

I set goals. **I give myself challenging and exciting targets to strive for.** Measuring my performance motivates me to keep trying.

I own my work and take charge of my career.

Today, I approach my work with passion and commitment. I use my job to build my achievements and contribute to the world.

Self-Reflection Questions:

1. How does my job reflect my values?
2. What kinds of tasks give me a sense of flow?
3. What is one thing I can do today to advance my career?