

The All-Time Best Career Exercise

Step 1:

List 50 of your past successes-things you accomplished that you are proud of. Pick things you did that you felt proud of whether anyone else noticed or not. They don't have to be things that other people recognized as significant. You can include things from throughout your childhood and adult life.

Step 2:

Now pick your top 10 from this list. Pick according to your *pride* in them; *joy* in doing them and *level of energy* in recalling them.

Step 3:

Write a story about each of your top 10 successes. Write in detail, like you were reliving the experience or telling the story to a young child.

Step 4:

Read the stories out loud and identify your key success factors, what talents, strengths and or skills you used to accomplish this success. (This is where a coach, if you have one, can help.)

Step 5:

List all your success factors and choose those 4 factors that you enjoy using the most and want to use in the future. Voila! These are your personal criteria for success.

Step 6:

Celebrate. You are one step closer to being happier at work!