

DESIGNING YOUR PERFECT WORK-LIFE FIT



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- List three of your greatest accomplishments. (Yes, you've had at least three.) For each, describe the situation, problem or challenge, how you solved or approached it, the end results and the skills you used.

ACCOMPLISHMENT 1

SITUATION/PROBLEM/CHALLENGE:

ACTION TAKEN:

RESULT:

SKILLS USED:

ACCOMPLISHMENT 2

SITUATION/PROBLEM/CHALLENGE:

ACTION TAKEN:

RESULT:

SKILLS USED:

ACCOMPLISHMENT 3

SITUATION/PROBLEM/CHALLENGE:

ACTION TAKEN:

RESULT:

SKILLS USED:

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- **List your top ten preferences that would make your next job your perfect work-life fit. IE: No more than 10 kms from home. Working without close supervision. Working remotely or in a hybrid work model (part remote/part on-site). Salary between \$---- and \$----. Working with technology. Perks like lunch provided and full benefits. Working with animals. Working with people. etc.**

- **Review the information you have gathered so far. What does it tell you about where you are?**

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■ How do you want to be remembered? What kind of person do you want to be?

■ What would you regret NOT doing in your lifetime? (Ex: Not asking for a raise? Starting your own business? Having a family? Spending more time with friends and family? Travelling? Leaving an unhealthy relationship?, etc.)

■ Review your answers to these questions to discover where your there is. Next, answer the question, "Why?" Why do you want to have these things, go these places become such a person? Why would you regret not doing certain things?

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#3 CONNECTING THE DOTS

Design your perfect work-life fit by connecting your preferences, skills and strengths with what you want to do, what you want to have, where you want to go, the person you want to be and the regrets you DON'T want.

- What options and possibilities have you thought about as you've completed these exercises? You may not be able to put a "label" on it yet, but have you thought of the type of work that might be a good fit for you?

- Which options would you like to learn more about? Which options can you NOT stop thinking about?

- Brainstorm ideas to overcome barriers/obstacles that are in your way. (Ex: Instead of, "I don't have the skills or experience I need." Think about the skills/experience you already have. What courses could you take to upgrade your skills?) Research job postings to learn more about necessary qualifications for the type of work you are considering or to look for postings that capture your interest. Talk to people who are already doing the work you are interested in.

If you've put in the effort to answer these questions and do the exercises, you are well on your way to taking the first steps towards designing your perfect work-life fit. Like Dorothy in the "Wizard of Oz" - you already have everything you need to design and create the life you want.

You don't have to wait until everything is just right - it will never be perfect. So get started now!