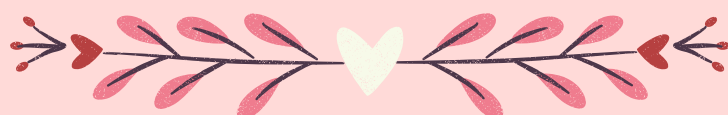




FEEL THE LOVE FOR YOUR WORK AGAIN

**What does my idea of happiness at work look like?
What would be a 10/10 for me at work?**

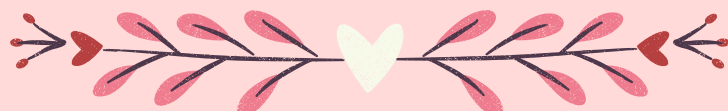
Think about all the different aspects that you feel would contribute to your happiness. It could be your work environment, relationships with colleagues/customers, the types of tasks you undertake (and variety), the level of challenge, your salary and benefits, hours of work, etc.



How does my job currently compare to my answers above?

What do I like about my job? What activities are most engaging and rewarding for me?

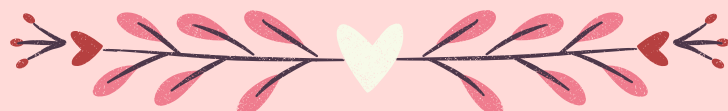
What don't I like about my job. What makes me feel bored, disengaged, annoyed, etc.



What part of my job is most meaningful to me and why?

How well do my values align with the work I do? How well do they align with the activities of my organisation?

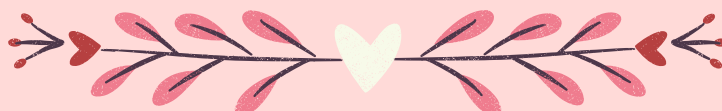
How does my work contribute to my organisation's mission and/or vision?



If I could redesign my job, what would I want it to look like?

What piques my interest both inside and outside of work?

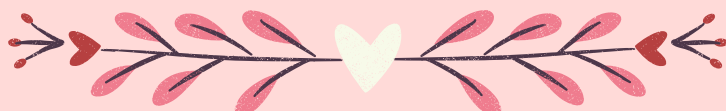
What development opportunities exist inside or outside of work?



What would need to happen to enable me to undertake these development activities? How can I accommodate and influence any changes that would need to be made?

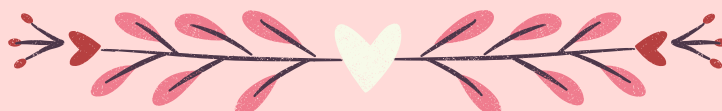
What relationships do I need to build and maintain at work? How will I do this?

Who else can I connect with? What networking opportunities exist outside of my workplace?



Thoughts I am having about work...

Thought	Is this an Unhelpful Thinking Habit?	Evidence that this thought is true	Evidence that this thought is not true	What would be a more helpful & empowering thought?

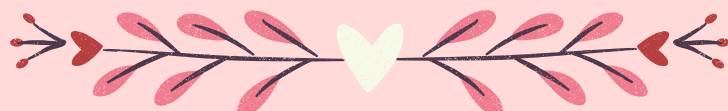


What have I achieved since starting my role?

What has gone well at work recently?

Things I can feel grateful for....

What does my current job help to facilitate in my life?



What am I assuming about the changes I would like to make in my career? How can I test my assumptions?

What are the key insights from my reflections on my job?

What steps am I going to take now?

Steps	When by?	Support & resources needed

