

Are you enjoying your work?

Introduction

We all have feelings while working – after all it’s where most of us spend our prime years and the bulk of our lives. These feelings change over time and can be anywhere between misery and ecstasy.

Now, people who enjoy their work are usually good at making a distinction between themselves and the RESULTS of their work. This brings a detachment that allows for enjoyment of work independent of circumstances. If you don’t maintain this distinction, your enjoyment will always be dependent on whether or not things are going ‘well’.

In order to manage your career effectively it helps for you to understand what you enjoy and what you don’t enjoy in your current work. Then you can take some action to make yourself more comfortable where you are, while you ponder and take action on alternative careers or new directions.

Please remember that it’s very important when making big changes in our lives to move from a position of STRENGTH - and not from a position of weakness or unhappiness. This exercise is aimed at helping you identify 3 actions you can take to empower yourself in your current working situation.

Instructions

1. So, where are you on the continuum and what contributes to how you feel at work? Simply answer the questions below to find out!
2. It’s important to be honest with yourself as awareness is a powerful tool for change. If you deny the truth of a situation, you also deny yourself the opportunity to make meaningful changes.

✿ What % of your time at work are you feeling:

ENJOYMENT	
IN BETWEEN	
MISERY	

✿ What would you say most contributes to your enjoyment at work? (If you prefer you can write a list)

✿ What would you say most contributes to your misery at work? (Again, if you prefer you can write a list)

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- * What would you say are the underlying critical variables as to whether you enjoy your work or not?

- * What COULD you do differently at your CURRENT work to feel better? (Brainstorm ideas here)

- * What is the biggest difference that would *make the difference* as to whether you enjoy your work or not?

Review

Now, What WILL you do differently to empower yourself in your CURRENT work situation?

1st Action _____ By when _____

2nd Action _____ By when _____

3rd Action _____ By when _____

Now copy these out on post-it notes and stick them in your car, wallet, locker, fridge door, desk drawer or any place where you will see them often.