

### Why Thrive Rather Than Survive?

Research tells us that...

- How we feel about our work affects how we feel about ourselves. Our perception of our work life is a key contributor to our sense of identity.
- How we feel about our jobs affects how we feel about life in general (i.e., job satisfaction contributes to life satisfaction).
- How we perceive our jobs—either as a way to make money or as a component of a personal career plan—affects job satisfaction. Individuals who see their work as fitting into a career plan are generally more satisfied with their jobs.

### What Is Your Career Thrive-Versus-Survive Rating Now?

Surviving

Thriving

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## ASSESSING THE SITUATION

### Who am I?

- **What motivates and inspires?** Values
- **What do I love doing?** Interests
- **What do I really have a knack for?** Skills

### In my current situation, how are my attributes expressed?

- **Formal job functions**
- **Informal work roles**
- **Association with the mission of the organization/unit**
- **Hobby or volunteer functions**
- **Personal-life roles and responsibilities**

### What changes can I make to my current situation?

- **Reshuffling priorities** Perspective
- **Modification to work responsibilities** Adjustment
- **Supplementing employment with other activities** Addition
- **Changing jobs / Moving to another organization** Transfer
- **Changing career fields** Change

## BACK TO BASICS

### imagination

### creativity

1. You've been asked by PBS to create a TV special a topic that is especially meaningful to you. What topic will you choose? Why?
2. Simply to boost morale (!), your employer has offered to pay all expenses for you to get additional training or go back to school. Your workload will be adjusted accordingly. What types of training/education subjects will you select?
3. A new Nobel prize has been designed to honor you. It is a prize for accomplishments in \_\_\_\_\_.