

IN THE  
**LOOP**  
OF A FLOURISHING CAREER

...

Chapter 1

*Resource Pack*

On the following pages you will find the exercises from Chapter 1 of the book  
In the Loop of a Flourishing Career by Katherine Street

# Eight Markers of My Flourishing Career

Date: \_\_\_/\_\_\_/\_\_\_

This assessment asks you to tick either yes, no, sometimes or don't know against the statements below. Work quickly and don't overthink your answers. Make sure you date the assessment so you can come back to see progress.

|  | YES | NO | SOMETIMES | DON'T KNOW |
|--|-----|----|-----------|------------|
| My emotions about my career reflect at least a ratio of 3-to-1 positive-to-negative. |     |    |           |            |
| My career gives me regular opportunities to be fully engaged with what I am doing.   |     |    |           |            |
| In my career there are people I care about and who care about me.                    |     |    |           |            |
| I know how my career benefits something bigger than me.                              |     |    |           |            |
| I make regular progress on goals that are important to my career.                    |     |    |           |            |
| I make proactive decisions about the big picture of my career.                       |     |    |           |            |
| A good fit happens between my whole life and my career.                              |     |    |           |            |
| The skills, knowledge and experiences needed in my career continue to develop.       |     |    |           |            |

# My Definition of Career Success

## Draft 1

Date \_\_\_/\_\_\_/\_\_\_

Having a first draft of your definition of career success is important. You may be tempted to skip this step and wait until you have read and learnt a little more. That is a reasonable thought, but getting this first draft down so you can examine and reflect upon it will make subsequent drafts even better.

This first draft should be messy and written knowing it will need work. Don't worry about wordsmithing and polishing it. Just get some words down that describe the current way you think about success in this thing called career.

A good way to start doing this is by working through a list of words that people often use to define their career, such as the one below, and circling those that most call to you. Narrow your initial list down to a manageable number, say six, then use these words as the basis of your definition.

status growing knowledgeable power learning location position new mobility  
promotion financial security sought after peers support purpose creative prospects  
recognition meaning flexibility enjoyable social skilled development manage others  
leadership tenure permanency respect advancement others' perceptions options  
rank risk reward control bonuses engagement collaboration identification progress  
glass ceiling balance vision interesting power rating praise security medals awards  
others fun growth heroes commitment hierarchy mentor autonomy greater good  
salary competent hope travel freedom cutting edge connected adventurous

**Career success for me is:**

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