

IN THE  
**LOOP**  
OF A FLOURISHING CAREER

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Chapter 14

*Resource Pack*

On the following pages you will find the exercises from Chapter 14 of the book  
In the Loop of a Flourishing Career by Katherine Street

# Eight Markers of My Flourishing Career

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

## Version 2

Congratulations on making it to the end of the book. It is now time to review how your thinking has changed by redoing this assessment from chapter 1. Tick either yes, no, sometimes or don't know against the statements below. Work quickly and don't overthink your answers. Then look back so you can see progress you have made.

	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 2

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

Way back in chapter 1 you completed a first draft of your definition of career success. When you made this first draft I advised that it should be messy and written knowing it will need work. Now it is time to write a second more polished and nuanced draft.

Re-read your first draft and notice what you now feel needs to change. There may be nothing, or just a few words, or you might decide that you need to start from scratch.

As you did the first time you might like to work through the list of words that people often use to define their career circling those that now most call to you. Use your circled words to help refine 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

Now re-draft what career success means to you:

**Career success for me is:**

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