

IN THE
LOOP
OF A FLOURISHING CAREER

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Chapter 3

Resource Pack

On the following pages you will find the exercises from Chapter 3 of the book
In the Loop of a Flourishing Career by Katherine Street

Your Career Habit Audit

Date ___/___/___

List the habits you currently have in place that support your career flourishing. The *8 Markers of a Flourishing Career* can help your thinking, but don't allow these to limit your thinking.

8 MARKERS	THE HABITS I HAVE TO SUPPORT THIS MARKER
Elevate Positive Emotions	
Be Totally Engaged	
Cultivate Supportive Relationships	
Connect to the Meaning of My Work	
Notice Progress	
Make Big Picture Decisions	
Maintain Fit between Myself and My Career	
Build Career Capital	
Others	

Potential New Career Habits

Date ___/___/___

List any habits you would like to embed to help support your flourishing career. Keep adding to this list as you continue to read this book.

8 MARKERS	POTENTIAL NEW HABITS
Elevate Positive Emotions	
Be Totally Engaged	
Cultivate Supportive Relationships	
Connect to the Meaning of My Work	
Notice Progress	
Make Big Picture Decisions	
Maintain Fit between Myself and My Career	
Build Career Capital	
Others	

Your Habit Helper

Date ___/___/___

What is the new habit you wish to put in place?

In what ways will this habit be a support to your flourishing career?

EASE IT	What barriers might get in the way of this habit?	How can you overcome these barriers?
SCAFFOLD IT	What things, external to me, would make me do the new habit even when I don't feel like doing it?	
RULE IT	What habits do I feel so strongly about I am prepared to turn them into rules to live by?	
REWARD IT	How can I celebrate and reward myself so this new habit sticks – think about needs and pleasures.	