

Squiggly Careers PodSheets



Finding your purpose at work

Purpose

≈ A direction that you find motivating.

“ When we are no longer able to change a situation, we are challenged to change ourselves. ”

Viktor Frankl
Man's Search for Meaning

3 P's to ponder in your pursuit of purpose

Process

How you can bring in tasks that will generate energy and enhance your work process?

People

How can you focus and invest more time in the relationships that inspire you and your work?

Purpose

How can you create a 'purpose story' that feels personal and meaningful for you?

Consider crafting your role

Job crafting is a bottom-up approach to finding your purpose at work

It's an opportunity to make your work, work better for you.

It's a shift from your organisation saying what your job is to you taking charge and personalising your work.



Practical actions to help you discover your purpose at work

+ 'My Best Possible Life' exercise

Spend 20 mins writing what your life would look like 10 years from now if everything went to plan. Use this to craft yourself a new 'purpose story'.

Refer back to your story regularly and identify small actions you can take to progress towards your purpose.

+ Craft your role

Reflect on the work you do that uses the strengths you want to be known for and inspires you.

Write down one way you could benefit the business by spending more time on this work. 'Sell' in your ideas to your manager.

Coach Yourself Questions

1 What motivates and lights you up at work?

2 How can you use your work as a learning platform?

Recommended resources



Turn your boring job into a job you love

Dan Cable on job crafting.



Ted Talk: Why some of us don't have one true calling

Emilie Wapnick describes how you can job craft and career craft too.



How to find meaning at work

Squiggly Careers Episode 152

Amazing if