

# Squiggly Careers PodSheets



## 10 actions to accelerate your career development

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Learning and development doesn't happen by accident, we have to be really intentional about making it happen.

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Amazing If

### 10 actions to accelerate your career development

- 1 Start with your strengths**  
Ask a variety of 3 people: *When do you think I am at my best?*
- 2 Reframe a limiting to a limitless belief**  
Start with the words that hold you back. Reframe these into positive statements to help you move forward.
- 3 Have regular curious career conversations**  
Set up a virtual meeting with someone you haven't met before and explore their world of work. *What does a 'day in their work life' look like?*
- 4 Figure out your mindset magnets**  
In order to stay in growth mindset mode, know the triggers that pull you towards a fixed mindset. *Who or what stops you making progress?*
- 5 Record your very small successes**  
Increase your optimism by recognising all the wins you achieve along the way. Make it a habit to write down 1 thing that has gone well each day.
- 6 Choose active rest**  
Make time for activities you enjoy that positively absorb your energy and attention. This 'active rest' helps to increase our resilience.
- 7 'Even better-if' your work week**  
Activate a 'work-in-progress' intention by ending each day reflecting on how work could be 'even better if' tomorrow. Focus on the factors that are in your control.
- 8 Overcome your fears**  
Acknowledging your fears helps you to move forward with your development. *What are the worries getting in your way?*
- 9 Share a 'career development playlist'**  
*What inspiring things have you read / watched or listened to recently?* Share this with your team to contribute new sources of self-development others could learn from.
- 10 Co-design your team development**  
Agree on shared learning goals as a team and create a learning agenda that addresses your collective what/when/why and how.

### Coach Yourself Questions

- ? What would help you to prioritise your development?**
- ? Who could be a brilliant accountability partner for you?**

### Recommended resource

Download our Squiggly Career Calendar, a practical tool to help you stay on track.



[Download calendar here](#)

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