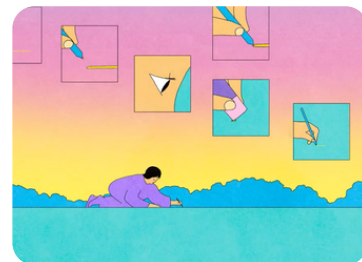


## How to use mastery to grow in a Squiggly Career

Big Think define mastery as the *"timeless quest to go beyond competence and achieve excellence"*. It's intentional and a choice.

In a squiggly career, mastery can help you go from good to great in how you show up in your work and how you improve over time.



**Deeper Dive**

### Mastering your response to tricky situations

There are moments at work where you respond in ways you'd like to change. Maybe you have a *"I'll just do it myself"* default or send quick Teams messages if frustrated.

Try moving your response from a default to a deliberate decision, using the space between the situation and what you do next to pause and reflect.

**What is a default response I'd like to change?**



**What could I do differently next time?**



### Mastering your ability to succeed

Success often involves risk. Things might not go to plan, and it's easy to see it as failure. But failure can give you great data for your development.

Try choosing one stretch goal that you want to achieve over the next 6 months. Identify the risks, then think about what you could learn if it doesn't go to plan.

**What is something I want to succeed in in the next 6 months?**



**What might failure look like, and how could I reframe it?**

