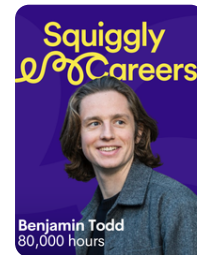


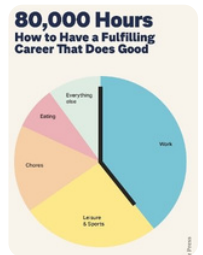
How to make a bigger impact with your 80,000 working hours

When we think about doing work that makes a difference, we often focus on finding the right job title, following our passion or discovering our purpose.

Benjamin Todd's research suggests starting somewhere different: with the problems you want to help solve, and how you could use your talents and energy to contribute.



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3 ways to do more good with your 80,000 hours

Start with problems, not passions

Following your passion can narrow your options.

Starting with problems instead can help you see where your skills could make a difference.

Try: writing down three problems you care about helping to solve. They could be problems in your organisation, industry or the wider world.

Then ask yourself: *"Which of these feels most important for me to contribute to, and why?"*

Connect your career capital to a problem

Your career capital is the skills, knowledge and connections you build over time.

Connecting what you're good at with a problem that matters can help you find ways to make a bigger difference.

Try: listing the strengths, experiences and relationships you already have that could be useful. Then identify one way you could use them to contribute to a problem you want to solve.

Find your own way to contribute

Making a difference doesn't have to mean changing your job.

You could mentor, share useful ideas, donate money, or use your skills to support others.

Try: choosing one problem and ask yourself: *"What could helping look like for me?"*

Think of three possibilities: from using your skills or time in a small way to exploring where it could take your career in the future

Coach yourself

What problem could I use my talents to help solve?

