

Freestyle Careers



KNOW YOUR SUCCESS CRITERIA

for a fulfilled working life

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What do you really want from your career?

We don't always ask ourselves this important question, but it's vital if we are to assess what success means to us and whether our career is serving us in the ways we actually want.

In other words: is your career fit for purpose?

Implicit in this question is the relationship between living and working, and how you view this equation. You may have heard the proposition, 'Do you live to work or work to live?' I wonder where you stand on that one - and if you agree with this oppositional perspective.

It's probable that this equation will change with each new stage in your working life, so it's important to re-visit your career success criteria regularly.

Coaching Tip 1:

This exercise is about YOU and what you value in your working life. Keep a wary eye out for any "shoulds" – feelings that you *ought* to have certain criteria such as 'progression' or 'status'. It is vital that in identifying your own personal success criteria, you learn to notice when you are responding to your own values, the values of others, or of society at large. Learn to listen to your deeper wisdom, which combines emotional intelligence, intellect, and intuition.

Coaching Tip 2:

Think of your personal life and the work you do as being parts of one whole: your life. Clarity around the ideal life you are seeking and how work supports and contributes to that vision will empower you to make changes for a more fulfilling life.

Possible Career Success Criteria: Is your career fit for purpose?

Step 1: Working quickly and without over-thinking, highlight which criteria are most important to you in the table below. Limit this to 15.

Step 2: Again, let your intuition guide you and from your top 15, select the 5 criteria that are most important to you.

Step 3: Rank these 5 criteria in order of priority.

Step 4: How does your current working life score out of 5 for each criterion? Add your scores together to reach a total out of 25.

status	progression	collaboration
high financial reward	interest	meaning
fair financial reward	challenge	social impact
stability	variety	values-aligned
security	using favourite skills	flexibility
regularity	using strengths	autonomy
achieving potential	creativity	balance
fast - paced	authenticity	respect
moderately - paced	belonging	recognition
friendly environment	friendship	appreciation
Intellectual stimulus	diversity	openness
achievement	learning	high pressure
fun	working alone	moderate pressure
excellence	being in flow	being my best
self-expression	routine	harmony
service	support	helping others
imagination	humour	making a difference
clarity	influencing	integrity
leadership	nurturing	teamwork
thrill	trust	order/accuracy
pioneering	passion	personal responsibility
power	well being	energy
environment	excitement	fairness
expertise	innovation	sustainability
Other:	Other:	Other:
Other:	Other:	Other:
Other:	Other:	Other:

Next steps

You have now identified your success criteria for a fulfilled working life and considered how important each is to you. You also have an overall fulfillment score.

Having rated how well each criterion is met at present, you now have a clearer idea about why that might be.

With these new insights, consider their implications in three ways:

a) for your current work

b) for your current life outside work

c) for greater fulfillment and happiness in your work and life in the future

I'd love to know what you've discovered and what you want to do with this new awareness. If this clarity has enabled you to think about changes in your life, why not contact me to arrange a free 30-minute discovery call?

We can discuss your findings and which aspects of your working life you'd like to change. You'll keep the momentum going and start to finally align what you do with who you are. Building the kind of life you're longing for becomes one step closer.

Just email me at becky@freestyle-careers.com to set up a call.

You'll be committing to a personal and professional journey towards your vision of success.

I can't wait to hear from you!

All the best

Becky x

