



Do Work You Love!

Increase the amount of enjoyable work you do each week by 20%.

Level-Set Your Emotions

Before you can go into finding ways to improve your career, you have to get yourself on solid ground. That means finding hope within yourself that you can make improvements. It starts with being grateful for what you currently have and eventually what opportunities are potentially there for you to take action on.

What are you grateful for about your work and why are you grateful? List 10 things you are grateful for about your work:

Ex. I'm grateful for my coworkers because we laugh together.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

How many times did you practice gratitude each day? (If you think about what you are grateful for three times on Sunday then put 3 in the box. If you practice once, put a one in the box.)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.

When you level set yourself you release serotonin into your brain. This allows you to stop stressing out and relax so you can make quality decisions.

The next step is being able to appreciate what opportunities you may have in your current career.

Finding Hope

Before we start tracking all the things that you enjoy doing and how you can do more of them. We need to help you expand your perspective of what is possible. I worked with a client who saw nothing but roadblocks in her career. It wasn't until she saw hope that she began to take action to help her career.

We need to expand what we think is possible and that often means doing something different than our usual tasks. After interviewing hundreds of people, one of the common denominators for people who do work that they love is that they create tasks/projects that challenge them to grow.

You should regularly ask yourself:

What would I enjoy doing and could add value to someone else's life?

List of things that you might enjoy in your career and could add to your workday:

1. Write an article for company blog/website
2. Run an ideation session for your team
3. Design a PowerPoint presentation
4. Coffee with a coworker
5. Facilitate a team workshop
6. Coach an employee
7. Coach a teammate
8. Listen to music as I work
9. Draw a picture
10. Doodle notes in a meeting
11. Send out some appreciation to a coworker
12. Read a book to get inspiration to try something new
13. Interview a coworker/client about their career
14. Create a logo for your team or another team
15. Do research for someone in your organization that could help them with their career.
16. Write a presentation.
17. Create a side project that will help your company in an area of struggle.
18. Ask a colleague if they need help with a project.
19. Ask for help from a colleague with a project.
20. Work on a new system that will help the company.
21. Start a podcast to help connect with people in your industry.
22. Start writing a book.
23. Host a team building workshop.
24. Ask a colleague what their biggest struggle is and coach them through it.
25. Set-up a lunch and learn from your team.

Track the Work You Enjoy

How can we do our best work if we aren't doing work that fulfills us? This one sheet was created to help you make a list of the work that you love doing and at the end of each day track how many minutes you do that thing over the next five days. The goal is to increase the tasks/projects that you love to work on by 20%. When you do more of the things that you enjoy, your career will grow.

Tasks/projects that you enjoy doing:	How much time spent on task/project:	Total Time spent
Ex. Read a book	Ex. 20min, 10min, 45 min.	65 min
1.		
2.		
3.		
4.		
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11.		
12.		
13.		
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16.		
17.		
18.		
19.		
20.		
Total Time		

When you track how you are increasing the amount of work that you enjoy each week you are setting the intention to do more work that you love. It's the "new car" perspective. When you buy a new car you start to notice it everywhere you drive. The same goes for being intentional about your work.

As you add tasks/projects to help you enjoy your work. You'll also find ways to enjoy tasks/projects that you didn't enjoy as much before you started this project.

Please let me know how this helps you. I love to hear these stories. Just email me - Karl@digtofly.com.