



## Sample Career Happiness Chart *Meet Catherine*

It's no coincidence that my happiest jobs were also the ones where I was the most successful. I was playing to my strengths (natural talents and passion). When I was in the right job, I was happier, and performed at a much higher level. I got promoted. My favorite jobs involved teamwork, innovation, constant change and ongoing people challenges. **Guess what: My perfect job might be a nightmare for you!** That's why it's so important to plot your own career history; it will help you figure out where YOU thrive, what YOU love to do and where YOU are at your best.

### DREAM JOB!

#### It was a Perfect 10!

I loved my job! I jumped out of bed almost every morning!

### Average job

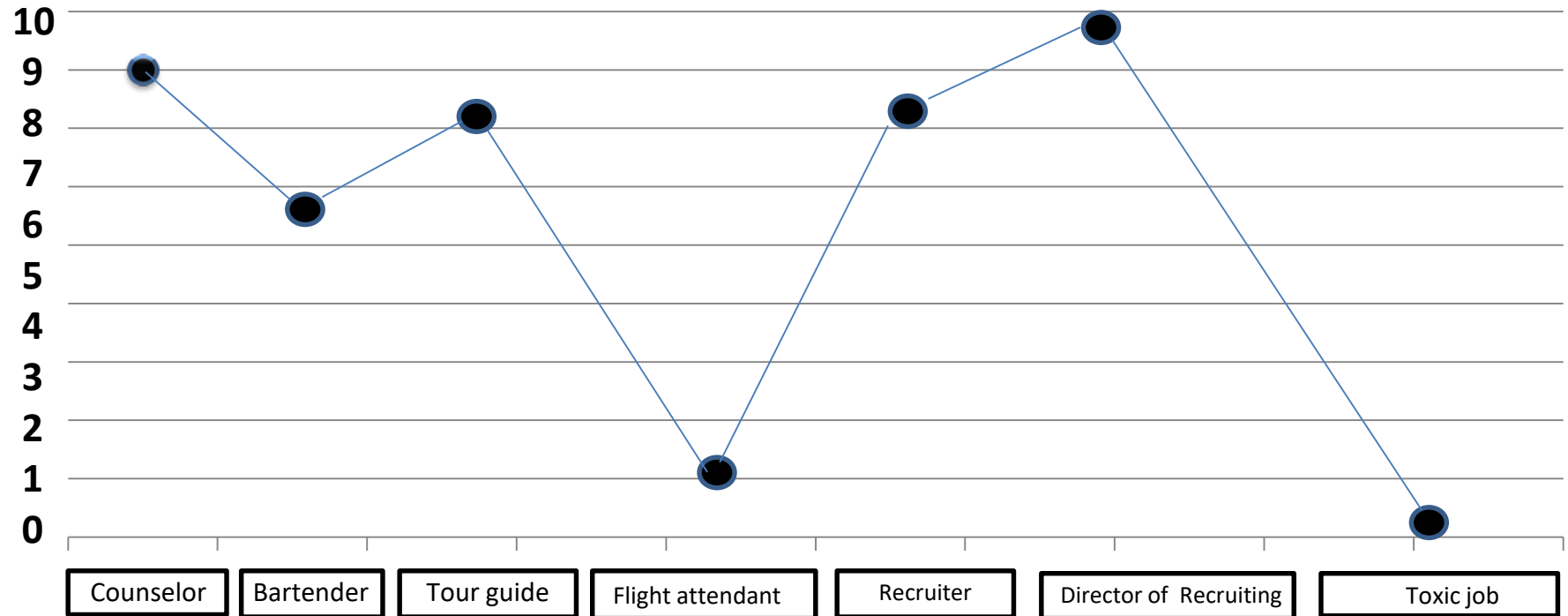
#### It was a 5

It was fine. I was successful, but I wasn't having very much fun.

### TOXIC JOB!

#### It was a 0!

I hated my job! Sunday nights were painful. Monday mornings were excruciating. I was so unhappy, I was making my friends and family unhappy, too.





# Your Career Happiness Chart

Plot *your* work history. Plot your jobs from left to right, from your first job to your current (or last) job. Rank each job on a scale of 1 to 10. When you're done, look at what you see. What kind of jobs, bosses and environm

## DREAM JOB!

**It was a Perfect 10!**

I loved my job! I jumped out of bed in the morning! I was THRIVING!

## Average job

**It was a 5** It was fine. I was good at it. but I was STAGNANT, STRUGGLING or bored.

## TOXIC JOB!

**It was a 0!**

I hated my job! I was really SUFFERING

10

5

0

# HOW TO EVALUATE THE CAREER HAPPINESS CHART:

Now dive in! Dig in to each of the jobs on your chart. Answer these questions...

Your favorite job: \_\_\_\_\_

- Name 3 things you liked:
- Name 3 things you disliked:
- Why did you leave?

Your worst job: \_\_\_\_\_

- Name 3 things you liked:
- Name 3 things you disliked:
- Why did you leave?

Common themes: What makes you happy + successful?

- What kind of work?
- What kind of work environment (people, management, etc.)?
- Other insights you've discovered?

Common themes: What makes you UNhappy + UNsuccessful?

- What kind of work?
- What kind of work environment (people, management, etc.)?
- What other insights have you discovered?

