

The Career Happiness Chart

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.

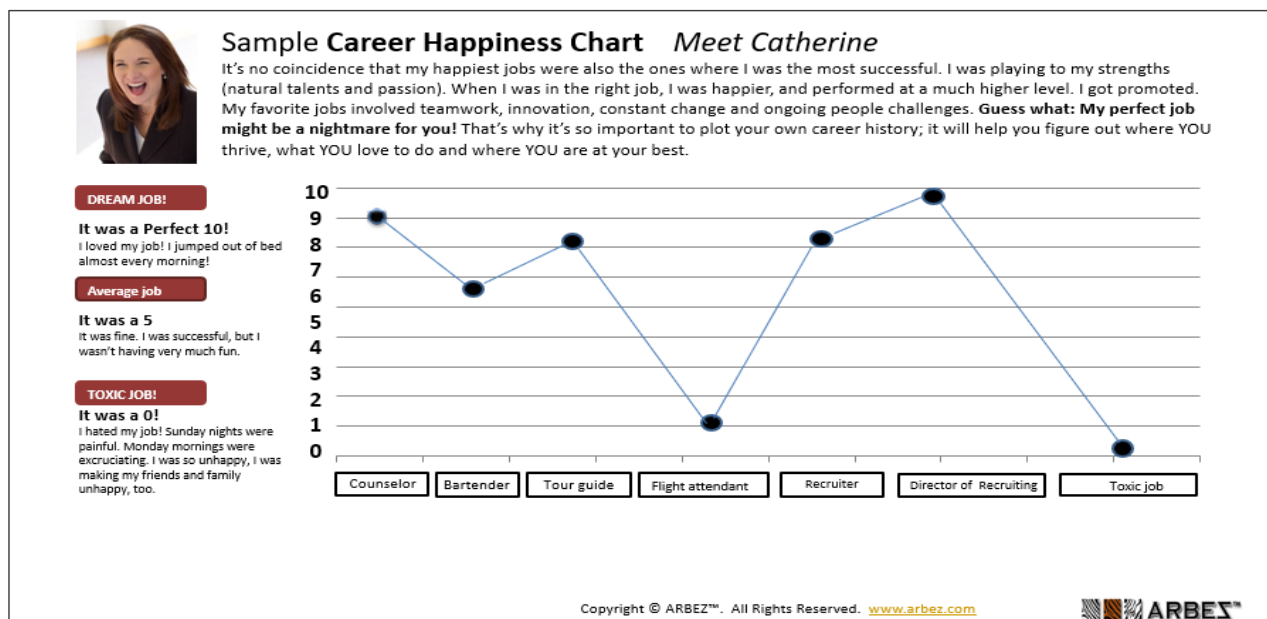
A global study on wellbeing by Gallup found some shocking statistics. When you are unhappy at work, you are

- TWICE as likely to be unhappy in other areas of your life
- TWICE as likely to be depressed and have high blood pressure & heart disease
- Likely to experience 41% HIGHER HEALTHCARE COSTS (Gallup)

A BAD JOB IS BAD FOR YOU. Make sure your next one is good for you!

Here's what my happiness chart taught me about myself:


1. I love leading groups of people.
2. I love helping people achieve more than they ever dreamed they could.
3. I love change, variety & challenge. I hate doing the same thing every day.
4. I love strategy & innovation. I need to be at the table solving big problems (not just doing what I'm told by a micromanager)
5. I love working really hard, and getting paid accordingly (commissions, bonus, incentives). I hate getting paid a flat salary.
6. I really have a hard time working with people who don't care about quality, or doing things well. I take a lot of pride in my work, and I want to work with other people who do the same.





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, where 10 = "I loved that job!" and 1 = "I never want to do that again!" When you're done, look at what you see. What kind of jobs, bosses and environment, daily duties do you enjoy? Which ones suck the life out of you?



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DREAM JOB!

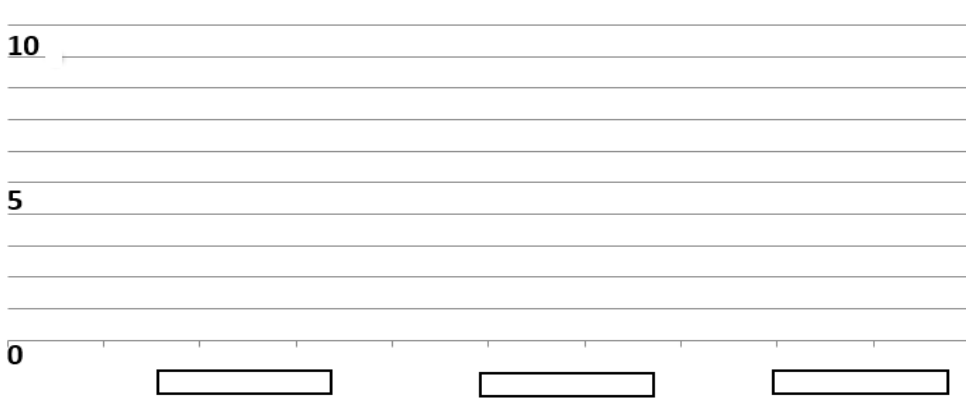
It was a **10!**
Perfect 10!
I loved my job! I jumped out of bed in the morning! I was THRIVING!


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



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Evaluate your favorite job

Name your FAVORITE job: _____

Name 3 things you liked about that job:

1. _____
2. _____
3. _____

Name 3 things you did NOT like about that job:

1. _____
2. _____
3. _____

Why did you leave? _____



Evaluate your worst job

Name your WORST job: _____

Name 3 things you liked about that job:

1. _____
2. _____
3. _____

Name 3 things you did NOT like about that job:

1. _____
2. _____
3. _____

Why did you leave? _____



Find the common themes

What makes you happy + Successful?

What kind of work: _____

What kind of boss: _____

What kind of work culture: _____

What makes you UNhappy + UNSuccessful?

What kind of work: _____

What kind of boss: _____

What kind of work culture: _____