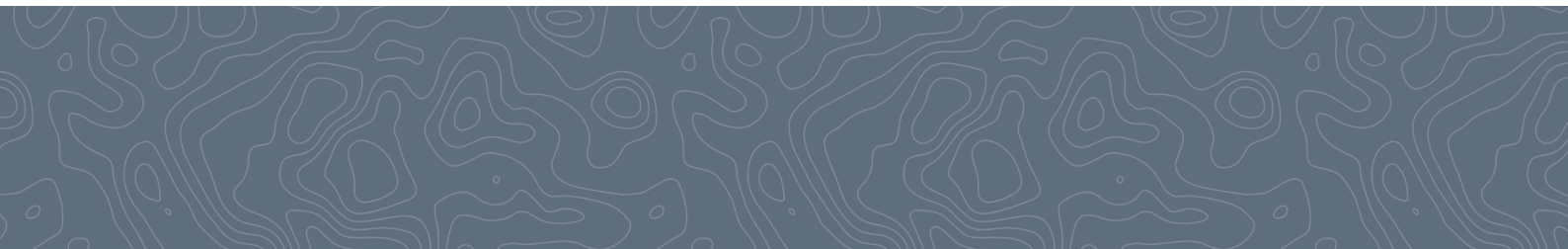




THREE PIECE LIFE
eCOACHING *with* TIM JOHNS

Ten things you might like about your work

Work can be a real pleasure to many people. But what is it about work that really appeals to you? In this exercise we'll look at the factors in a job that might provide you with happiness.



Ten things you might like about your work (1/3)



Read each heading and the description. Take a moment to think about it. Maybe capture a few thoughts, and give it a ranking. Then move on to the next one and repeat. At the end of the exercise, try and create a summary of your thoughts

- 1. Job satisfaction:** Feeling a sense of accomplishment and fulfilment from completing tasks and achieving goals.

Ranking
(1-10)

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- 2. Positive work environment:** Enjoying a supportive and friendly atmosphere with colleagues and bosses.

Ranking
(1-10)

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- 3. Work-life balance:** Having the flexibility to maintain a healthy balance between work and personal life.

Ranking
(1-10)

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- 4. Learning opportunities:** Being able to acquire new skills and knowledge through training and development programmes.

Ranking
(1-10)

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- 5. Autonomy:** Having the freedom and independence to make decisions and take ownership of projects.

Ranking
(1-10)

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Ten things you might like about your work (2/3)



6. Recognition and rewards: Being acknowledged and appreciated for a job well done, both monetarily and non-monetary.

Ranking
(1-10)

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7. Meaningful work: Contributing to a larger purpose or cause that aligns with personal values and beliefs.

Ranking
(1-10)

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8. Work-team collaboration: Enjoying productive and collaborative teamwork, fostering creativity and innovation.

Ranking
(1-10)

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9. Disconnecting: Unplugging ourselves from social media or infotainment can be hugely liberating. Sometimes we don't miss out by not being connected; instead, we gain.

Ranking
(1-10)

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10. Job security: Feeling secure in one's position and having confidence in the stability of the organisation.

Ranking
(1-10)

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