

# MY BEST YES

OF ALL THE ELEMENTS OF OUR WELLBEING, CAREER WELLBEING IS THE MOST INFLUENTIAL ON OUR OVERALL LIVED EXPERIENCE.

- Identify the elements of your work that fulfill you. Tell someone who cares.
- Know who your energy-givers are at work. Spend more time with them.
- Don't forget to celebrate your accomplishments. Reflect on how far you have come.

## MOVE THE NEEDLE

No one will care for your Career Wellbeing more thoughtfully than you can.

GET GROUNDED

IDENTIFY GEMS

EDIT BY  
OMISSION

INVESTIGATE  
YOUR  
INFLUENCE

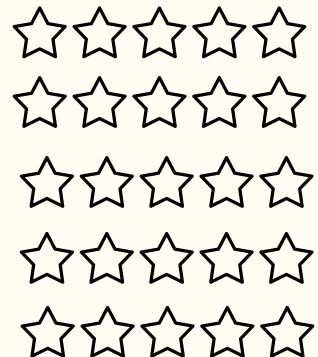
BABY STEP

### NOTES

## SELF-CHECK

Career Wellbeing is fluid. Where are you strongest today?

1. I look forward to something at work every day.
2. I am needed for the talent I bring to my job.
3. I have a leader or manager who makes me feel excited about the future.
4. I enjoy the people I'm around at work.
5. I clearly understand my work expectations, and how they connect to a meaningful mission.



## REFLECT

What habits contribute to your highest score?

What baby step do you need to take for a score that concerns you?

BEST YES:

MORE

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I CAN:

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