



The E-Value-ation

Now that you have revisited your Work History using the XYZ Exercise:

From this history:

- Which job did you enjoy most and why?
- At which job did you learn most about your limits and abilities?
- At which job did you work hardest because you wanted to?
- Which job would you not want to work again? Specifically, why not?
- At which job did you learn the most about your industry?

More About You:

- What are your natural talents?
- What's something you're working on that you're proud of?
- How do you define 'meaning?' What priority does that meaning hold in your job?
- Who is someone you admire? What do you admire about them? Do you have that trait?
- Tell me about the last three people who came to you for help. What did you do for them?
- What role does work play for you in your life?
- What's the most interesting thing about you that you share to impress someone?

More About Work:

- You shared your natural talent is _____. In what role did you first realize or use this natural talent? What was your favorite role where you got to really use this talent?
- What causes you to feel insecure? Could be a task, a person, a feeling (ambiguity), etc.
- What is your reputation at work? Do you like that reputation or want it to be something else?
- If you were in charge at your job, what would you do differently?
- What gives you validation to know you're good at what you do?
- Fill in the blank: For me to thrive in my job, I must _____.
- What task gives you a rush to complete?
- When are you most confident or in your zone at work? Where does this confidence come from?
- Why do you think you're good at delivering results at your job?
- Fill in the blank: Companies hire me when they need to _____.
- What qualities in a work environment do you need to deliver optimal results?

Your Future:

- How much longer do you intend to stay in your current industry?
- What would getting a new role mean for you or enable you to do?
- How do you want your success to be measured?
- What is one skill you want to gain in your next role? What would gaining it enable you to do?
- What is a skill or something in general you wish you were better at?
- What would mastering that skill enable for you?

Your Interests:

- What is a topic you've tried to learn (repeatedly?) but your brain just won't grasp?
- Why do you feel you need to learn this topic? Where does the interest come from?
- What is a topic unrelated to work that you can just absorb and understand?
- What is something you want that you need help to complete? What kind of help?
- Say you are going to create a YouTube channel to teach, show, or help. What's the subject?
- What is a quality product, project, or brand that you use that you advocate to friends?
- What is a skill you proactively learned to do that you're proud of?
- Fill in the blank: As long as I get to _____ every day, I'm happy.