

The Seven Branches of Work Life Fulfillment

RANK 1 (not content) - 10 (very content)



FINANCIAL RETURN

(energy, mind, heart centered)

1 2 3 4 5 6 7 8 9 10



INTERPERSONAL/COMMUNITY

(heart centered)

1 2 3 4 5 6 7 8 9 10



GROWTH/OPPORTUNITY

(heart, mind centered)

1 2 3 4 5 6 7 8 9 10



LEARNING/SKILLS

(mind centered)

1 2 3 4 5 6 7 8 9 10



PASSION/PURPOSE

(heart, mind centered)

1 2 3 4 5 6 7 8 9 10



TIME/FREEDOM

(energy centered)

1 2 3 4 5 6 7 8 9 10



STRESS LEVELS

(energy centered)

1 2 3 4 5 6 7 8 9 10

Let's Think About it...

What is it that you want to get out of your current job?

What are the THREE most important branches for you? and what did they score?

1. _____ SCORED: _____
2. _____ SCORED: _____
3. _____ SCORED: _____

How are each of these branches being met at work? How is your job currently serving you?

(Is it paying your bills, putting you through school, building your resume, helping you learn how to deal with people, a stepping stone to your dream job? Is it growing a skill?)

1. _____
2. _____
3. _____

Could you be overlooking some potential opportunities that your current job is offering you?

What would have to happen to make work feel better for you? What would make your work situation better?

What actions can you take to improve these areas at work. (what can you inspire, how can you show up, what can you suggest, what conversations need to be had?)

Flip the Script: How can you change the meaning or shift the way you show up to make it better?

Signs You're in the Wrong Job

1. You are Feeling Stuck and Uninspired

2. You Don't Get Along with Your Boss

3. Your job is not fulfilling at least two or more branches of fulfillment.

4. Workplace drama is costing you your sanity, and management isn't providing a safe place for you

5. A better opportunity has presented itself

THE LADIES COACH PRESENTS

talk. listen. change.