

Sense of Accomplishment

Think reflectively about your current job or work experiences in the past. Anything in your work history is valid for this exercise. If you have limited work experience, think back to school projects, home chores or any environment where you were actively contributing.

Your job involves many tasks, functions, steps or situations in order to do what you do. Your goal is to identify and rank the kinds of activities that give you the deepest sense of satisfaction or accomplishment. One key perspective is not to be distracted by rewards. In other words, don't let the appreciation or accolades of others influence your decision. Don't take into consideration what most impresses your employer or your supervisor. Reflect only on what gives you a deep sense of accomplishment internally. These are things that give an overwhelming feeling of internal motivation, that no one else sees. You might call these tasks or situations your "motivated moments."

Rank the tasks, steps, functions or situations that give you the greatest sense of accomplishment internally, in the boxes below:

#1 Sense of Accomplishment

#2 Sense of Accomplishment

#3 Sense of Accomplishment

#4 Sense of Accomplishment

#5 Sense of Accomplishment

"You are never too old to set another goal or to dream a new dream."

—C.S. Lewis