

EXERCISE

YOUR CAREER FIT

Now that you know about The Sensitive Striver's Hierarchy of Needs, you're in a position to evaluate how your current career conditions stack up against your ideal personality-job fit.

INSTRUCTIONS

For each of the following questions, choose how much you agree or disagree with each statement. Your results will point you to the next steps you should consider.

The physical environment where I work reflects my preferences for stimulation.

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COMPLETELY AGREE MOSTLY AGREE SLIGHTLY AGREE SLIGHTLY DISAGREE MOSTLY DISAGREE COMPLETELY DISAGREE

When I'm working, I often get fully immersed in what I'm doing.

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Throughout my workday, I get to interact with my colleagues to an extent I feel comfortable with.

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The organization where I work embodies values that I care about.

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I enjoy the type of impact my work has (i.e., the audience it affects or serves).

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The culture of my organization is healthy and functional.

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The activities and tasks that occupy my day leave me feeling energized and fulfilled.

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In my career, I get to utilize skills I consider to be strong assets of mine.

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My current role offers me opportunities to advance skill sets I want to continue mastering.

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Right now, my job strikes the right work-life balance that fits my lifestyle needs and goals.

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COMPLETELY AGREE MOSTLY AGREE SLIGHTLY AGREE SLIGHTLY DISAGREE MOSTLY DISAGREE COMPLETELY DISAGREE

IF YOU ANSWERED . . .

Mostly disagrees. Start from the bottom of the pyramid by addressing your basic needs first, then work your way up once you have those in a good place. Overall, you're in need of some major changes, so revisit "What to Do When You Want to Change Everything" for more tips.

Some agrees, some disagrees. You have opportunities to optimize your personality-job fit for greater happiness. Start with the areas you rated *mostly disagree* or *completely disagree* and create action steps to address those needs. Check out the point on job crafting in the "Get Unstuck" section of this chapter.

Mostly agrees. Congrats! Your work is a great fit for your personality. The fact that you like your job and are in a great environment means you can concentrate on the tippy-top of the pyramid—your learning and performance goals. Don't lose sight of exciting possibilities, and be open to stretching yourself in the name of deeper meaning and fulfillment.