

Enjoying your Work - Role Fit

Having a clear picture of your strengths, knowing what you enjoy, and how to deal with aspects of your role that you don't enjoy or are not good at, or both, enhances confidence. This tool is also useful when applying for jobs or evaluating your career direction. It can also be used for your roles outside work too of course (eg your role as a parent, partner, volunteer etc).

Your role: _____

Note what aspects of this role you enjoy and do well (box 1), don't enjoy but do well (box 2), enjoy but don't do well (box 3) and finally don't enjoy and don't do well (box 4).

	ENJOY	DON'T ENJOY
DO WELL	1. Talents – plan to do more?	2. Plan to reduce?
DON'T DO WELL	3. Potential strengths – plan to develop?	4. Plan to fix!

Note what actions you can take to do more of what you enjoy and change what you don't enjoy.