jbhd
coaching & Communication

Identifying Reward – 6 Steps

1. **Reflect on Past Experiences:**

Think about past roles, projects, or tasks that you found particularly satisfying. What common elements did these experiences share? Consider not just the tasks themselves, but also the work environment, the type of work, the team dynamics, and the impact of the work.

2. **Identify Your Values:**

Understanding your core values can provide insights into what you might find rewarding. Values might include creativity, independence, helping others, intellectual challenge, or financial stability. Consider how these values align with potential job roles or career paths.

3. **Consider Your Skills and Talents:**

Often, work that utilises your strengths and talents feels more rewarding. Identify the skills you excel at and enjoy using. Are there roles or industries where these skills are particularly valued?

4. **Assess Your Interests:**

Pay attention to what interests you both inside and outside of work. These interests can often lead to rewarding career paths or hobbies. For instance, if you enjoy technology and problem-solving, you might find rewarding work in IT or engineering.

5. **Try New Things:**

Experimentation can be key to discovering what you find rewarding. Volunteer, take on new projects at work, or pursue a hobby that interests you. Reflect on these experiences to determine what aspects you found fulfilling.

6. **Look for Patterns:**

As you reflect on your interests, values, skills, and experiences, look for patterns that might indicate what you find rewarding. These patterns can guide your career decisions and help you seek out opportunities that align with what you enjoy.