

# WALK, CLIMB, OR FLY

SURVIVING AND THRIVING IN THE  
WORKPLACE WILDERNESS

## CHAPTER 16 EXERCISES



### EXERCISE 11: REDEFINING SUCCESS

#### RESETTING THE CAREER COMPASS

This exercise focuses on taking your definition of success to a new level. For many readers, this may be the first time you've done something like this. However, I hope it won't be your last! This is a great way to do a "course check" and identify areas for correction.

**A.**

#### REVIEW

Go back to the *definition of success* you wrote down in the chapter 1 exercise and review it. Take some time to critique what you wrote and answer the following questions:

- Is it leading you in the right direction?
- Does it emphasize the right things?
- Is it sufficient, substantial, and clear?
- Does it align you to things that are motivating, energizing, and your operational style?
- Give yourself a grade!

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### RESETTING THE CAREER COMPASS (CONT.)

Now, go back to the exercises in chapter 2. Examine the things you have always loved to do. Consider the questions below and record your notes.

- Does your work involve doing things you love to do?
- Can these energizing pursuits be woven into your work?
- Do you feel your energy returning to you, even if work leaves you tired at the end of the day?
- How often do you feel a sense of satisfaction, gratification, or accomplishment? Is it enough?
- In the course of reading this book, what have you learned you need to feel more energized in your work?
- What should meaningful accomplishment success and gratification look and feel like on the journey ahead?

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### RESETTING THE CAREER COMPASS (CONT.)

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**B.**

### CHALLENGE

Take some time to completely challenge your definition of success. Think long and hard about your operational design and what's most important in your life. Think about how your definition of success should point you to "what matters most." Ask some tough questions:

- Is your definition shaped by fear or insecurity? If so, how?
- How do cultural or societal norms and popular culture sway your ideas about what you need to have to "feel" successful?
- How has your definition been impacted by influential people in your life, and has that that influence worked in your own best interest?
- Have Discouragers and Dream Killers influenced your ideas about your destiny?
- What lies or past labels have influenced your thinking? How can you remove negative labels, fear-driven criteria, etc.?
- How can you align your work to tasks and activities that inspire, motivate and energizes you?
- How do you prioritize money and material gain against other rewards?
- How do you prioritize your need for rest, quality time with people who matter, and the need to "play?"
- How does your definition ensure you are always growing and learning?
- How does your definition of success accommodate the needs of your family, friends, and loved ones?
- How does your definition of success encompass your role in your community and/or larger society?
- What things would better position you to feel gratified and satisfied?
- Is there anything else that's missing?

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### CHALLENGE (CONT.)

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**C.**

### REDEFINE

Leveraging all the thought you have put in so far, begin to revise, expand, adjust and correct your earlier definition of success. Think about the considerations above. Reach into your pocket and pull out the precious pieces of the past that you have dropped along your career path—things that made you special, things you love to do and filled you with energy. Construct a new definition of success, considering the list of considerations below. Note: You'll probably need your notebook journal, paper, or word-processing document here.

- Position, rank or advancement
- Type of work, tasks, etc.
- Type of company
- Type of workplace
- Workplace culture
- Working arrangements
- Income level
- Benefits and perks
- Vacation time
- Paid leave
- Flex time
- Industry positioning
- Reputation & exposure
- Health/physical wellness
- Lifestyle/quality of life
- Energizing work
- Accomplishments
- Ethics, values and spirituality
- Amenities and possessions
- Workplace relationships
- Family life and relationships
- Geographical preferences
- Professional growth/challenge
- Extracurricular goals
- Retirement objectives
- Short-term and long-term goals

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### REDEFINE (CONT.)

NOTES: