

Your Best Work Self

Robert Kaplan (2018) suggests that it is vital that professionals understand what it is about their career that they love. What fuels their passion?

Think back to a time at work (or elsewhere) when you performed at your best, when you did a great job, loved what you were doing, and you and others recognized it.

Remember the situation and how it felt.

Answer the following questions:

What, exactly, were you doing at the time? Such as the tasks you were performing.

What were the key elements of the environment? What was the situation?

What people were around you? Who supported you, and who were you supporting?

Were you managing yourself or being managed by someone else (and by who)?

What emotions did you experience? What did you enjoy about the situation?

What caused you to perform at your best? And why?

You may have gotten out of the habit of thinking about and remembering when things went well. But, with practice, you will be able to recall many such occasions and use them to become more aware of what factors and emotions impacted your happiness and your performance (Kaplan, 2018).

Reflect on what insights you can draw about your emotions from the exercise. Think about what you might enjoy in the future.

References

- Kaplan, R. S. (2018). Two ways to clarify your professional passions. In *Self-awareness* (pp. 49-58). Harvard Business Review Press.