

MEANING, PLEASURE, STRENGTHS

DISCOVERING WORK THAT YOU LOVE

FIND YOUR HAPPY PLACE...THEN GET PAID TO GO THERE!

THE MPS PROCESS PROMPTS YOU TO LOOK DEEPLY AT WHAT BRINGS YOU MEANING AND PLEASURE. IT ALSO ENCOURAGES YOU TO UNDERSTAND AND GET TO KNOW YOUR STRENGTHS.



STARTS WITH 3 CRUCIAL QUESTIONS.

WHEN WE DO WORK THAT IS BOTH MEANINGFUL AND CHALLENGING, WE SLIP INTO FLOW, LOSING TRACK OF TIME AND OUR SENSE OF SELF AS WE FOCUS SOLELY ON THE TASK AT HAND. THIS CAN BE ENORMOUSLY ENJOYABLE AND SATISFYING.

WHAT GIVES ME MEANING?

TO HELP YOU DISCOVER WHAT GIVES YOU MEANING, START BY DEFINING YOUR VALUES. THESE ARE THE GUIDING PRINCIPLES THAT SHAPE YOUR BEHAVIOUR AND JUDGEMENTS. OFTEN WORKING ON PROJECTS THAT ALIGN WITH YOUR VALUES HELPS TO BRING MEANING TO WHAT YOU DO.



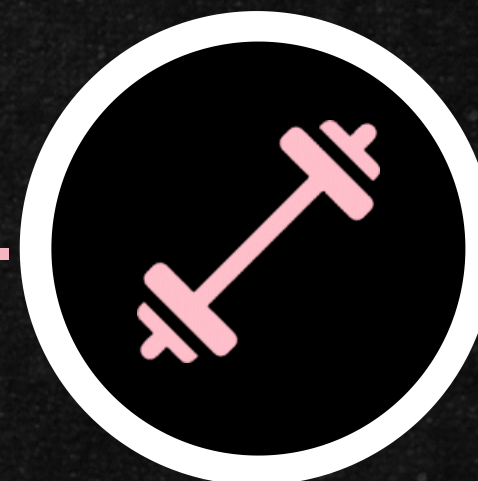
WHAT GIVES ME PLEASURE?

WRITE DOWN THE THINGS THAT BRING YOU PLEASURE. THESE DON'T HAVE TO BE WORK-RELATED; YOU CAN ALSO LIST HOBBIES, INTERESTS AND ANYTHING THAT BRINGS YOU JOY OR CONTENTMENT. FOR INSTANCE, YOU MAY INCLUDE READING, TEACHING OTHERS, TRAVELLING OR MEETING NEW PEOPLE.



WHAT ARE MY STRENGTHS?

LIST YOUR STRENGTHS. THIS CAN BE DIFFICULT, SINCE MANY OF US TAKE OUR STRENGTHS FOR GRANTED (THEY COME SO EASILY!) YOU MIGHT HAVE STRENGTHS THAT YOU DON'T EVEN REALISE ARE STRENGTHS, SUCH AS EMPATHY, A POSITIVE ATTITUDE OR THE ABILITY TO LEARN THINGS QUICKLY..



DISCOVERING WORK YOU LOVE!

WHEN WE REGULARLY DO WORK THAT COMBINES THESE THREE ELEMENTS, WE'RE MUCH MORE LIKELY TO ACHIEVE FLOW AND BE HAPPY IN OUR CAREERS.

TO USE THE MPS PROCESS, THINK ABOUT WHAT GIVES YOU MEANING AND PLEASURE, AND ANALYSE YOUR STRENGTHS. THEN IDENTIFY ELEMENTS THAT OVERLAP IN THESE THREE AREAS. YOU CAN THEN SHAPE YOUR JOB CAREER TO INCORPORATE THE ELEMENTS THAT OVERLAP THE MOST.

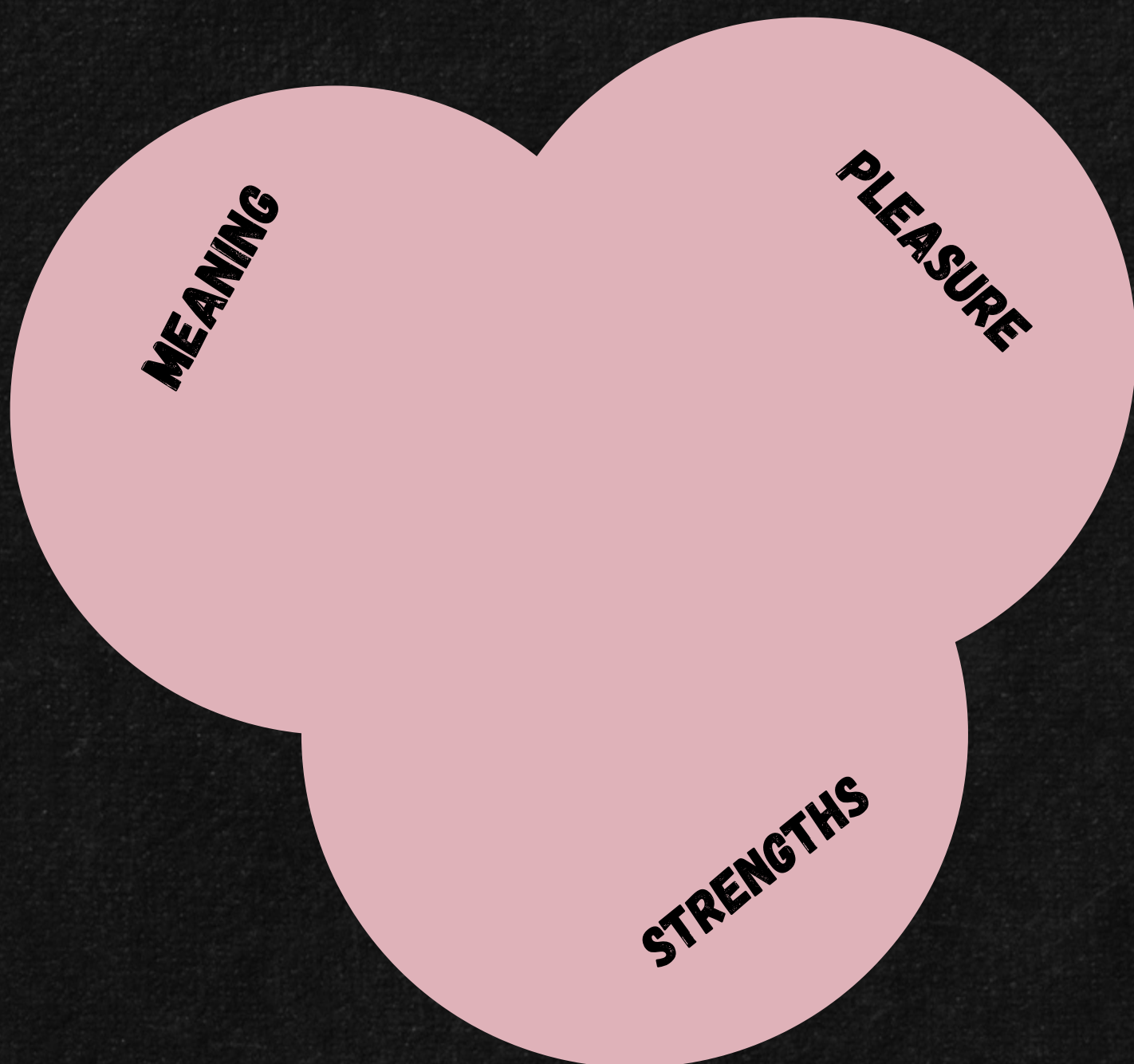
LOOK AT YOUR ANSWERS, AND EXPLORE ANY ELEMENTS THAT OVERLAP.

DISCOVERING WORK THAT YOU LOVE

YOU SHOULD PURSUE THE TYPE OF WORK WHERE MEANING, PLEASURE
AND STRENGTHS MEET!

HAPPINESS IS AN INSIDE JOB.

FIND OVERLAP?



NEXT, LOOK AT YOUR ANSWERS IN EACH AREA AND EXPLORE ELEMENTS THAT ARE COMMON TO EACH CATEGORY, OR THAT OVERLAP IN SOME WAY. THESE OVERLAPPING ANSWERS OFFER VALUABLE INSIGHTS INTO THE TASKS THAT YOU'LL FIND MOST REWARDING AND ENGAGING.

FOR EXAMPLE, YOU MIGHT HAVE LISTED THE FOLLOWING IN YOUR ANSWERS

MEANING
MAKING PEOPLE HAPPY

PLEASURE
HELPING OTHERS

STRENGTHS
PROBLEM SOLVING

THESE THREE ANSWERS CLEARLY OVERLAP WITH EACH OTHER, AND FROM THIS, YOU MAY CONCLUDE THAT YOU WANT TO FOCUS ON TASKS OR PROJECTS THAT HELP PEOPLE SOLVE THEIR PROBLEMS.

SHAPE YOUR JOB OR CAREER!

YOU CAN NOW USE YOUR ANSWERS FROM STEP 2 AS A GUIDE FOR SHAPING YOUR CURRENT ROLE, OR TO FIND A CAREER THAT YOU FIND ENGAGING. PUT SIMPLY, YOU WANT TO WORK ON PROJECTS AND TASKS THAT, IN SOME WAY, INCORPORATE ELEMENTS THAT OVERLAP. THIS IS HOW YOU'LL GET JOB SATISFACTION.

YOU CAN DO THIS IN YOUR CURRENT ROLE BY USING JOB CRAFTING.

THIS IS WHERE YOU RESHAPE YOUR JOB TO FIT YOU BETTER. FOR INSTANCE, ARE THERE ANY PROJECTS THAT YOU WANT TO BE RESPONSIBLE FOR, BUT AREN'T? CAN YOU DO YOUR CURRENT WORK IN A WAY THAT YOU'LL FIND MORE ENGAGING? OR COULD YOU DO SOME OF YOUR BOSS'S TASKS IN THESE AREAS? THERE ARE ENDLESS WAYS THAT YOU CAN RESHAPE YOUR ROLE TO FIT YOU BETTER.