

Thanks for taking the time to read this excerpt from the *Find Your Best Work Handbook*. The **Right Work** section is one of seven sections that make up the entire handbook. This excerpt includes three of the six exercises explained in the full section. If you like what you read here, you'll really enjoy the entire handbook.

The Right Work

Step one is determining your best work. When I say "**your best work**", I mean the correct expression of your natural talents and skills. Setting your creative genius free.

Has anyone ever said something to you like, "*Wow! You're really good at that. Where did you learn to do that?*" And, when you were asked, your answer was something like, "*I really don't know. It just kind of comes naturally.*"

That's an important key. What comes naturally to you? What things do you do effortlessly?

We've all received comments like, "*You can fix anything*", or "*You are really a great cook*", or "*You're really funny*", or "*You make that look easy*". At some time or another every one of us has had a similar comment made about his or her talents and skills.

So, what do people say about you?

As I mentioned above, we all have at least one natural talent in us, that when expressed correctly, will help us get wherever we want to go in life.

The question is, "How do we find that talent?" The following exercises were designed to help answer this question. These exercises will help you discover the work that's best for you.

Even if you think you're doing work that is the best fit for you already, these exercises will either confirm it for you or help you realize that you might want to consider some new possibilities.

The answers that these exercises reveal usually show themselves over time. They may come instantly, but they will probably take a little time. Don't become impatient. Stay with the process.

The best way to get started is to buy a notebook that appeals to you. I know, that may sound a bit unusual, but it is very important. If you choose a notebook that looks right to you and feels right to you, you'll be more likely to keep it with you and use it for these exercises.

For example, I know some folks that like leather bound notebooks with the little ribbon that is used as a page marker. They like the look and the feel of those notebooks.

I'm a spiral notebook guy myself. I prefer black covers and pages that have ¼ inch squares rather than lines. I use them all the time.

Find a notebook that is comfortable for you. Buy a couple of them while you're at it.

Getting some stick-on tabs to mark pages is also a good idea. Over time you're going to end up with a number of sections in the notebook and the tabs come in handy to mark the sections.

Once you have the notebook of your choice open it to the first or second page. (I always start on the second page for some reason. It's just a personal quirk)

At the top of your starting page write **SECTION 1: THINGS I APPRECIATE ABOUT MY JOB AND ALL THE OTHER JOBS I'VE EVER HAD**

This section relates to all the jobs you've had and any businesses you've owned since you started working.

For example, when you were starting out you may have had a paper route. You may have cut lawns. Later you may have worked in a clothing store, or a hardware store, or a restaurant. You may have had a direct sales job or a direct marketing business.

The purpose here is to include everything you've ever done. Don't just focus on what you happen to be doing right now.

If you're in high school or college and haven't had many jobs, don't worry. This process will still work for you.

Take a couple of minutes to think before you start on this page. Here are a couple of examples to help you get started. They may not exactly ring true for you, but you'll get the idea.

- *I appreciate working with fun people.*
- *I appreciate spending most of my work time out of the office.*
- *I appreciate being left alone to do my work.*
- *I appreciate knowing the expectations of my customers clearly.*
- *I appreciate open and honest communication.*

OK, you're on your own. No pressure. Be patient. Think about the title of this section. Whenever something pops into your head that you've appreciated about work you've done find your notebook and write it down. Shoot for at least twenty entries. Make an effort to include anything and everything you've appreciated about all the work you've ever done.

If your notebook isn't available when you think of something, make sure you don't lose the thought. Carry a tape recorder or digital recorder with you. If you don't have one of those, leave yourself a voice message on your phone. Or, write your thought on a scrap of paper. Just make sure everything you think of gets back to your notebook.

SECTION 2: THINGS I LOVE TO DO

Start this section and all those that follow the same way you started Section 1. Put the title of the section at the top of a new page. Be sure to leave some blank pages in the previous section so you have room for new entries as you think of them.

In this section write down anything and everything you love to do.

These are the things you enjoy just for the sake of doing them. Those things in which you can lose yourself. Time is not a factor when you do these things and you don't think about anything other than the joy you get from the activity and the accomplishment.

For example, my wife loves to be creative working in the yard. On a nice day I often have to remind her to take a break for some water and some food. At these times she is enjoying herself so much and she is feeling so good that she forgets about time.

I know people who feel this exact same way about things like wood working, writing software, making wine, designing homes, taking photographs, and more.

All the things that cause these feelings for you should be on your list.

What goes on this list and the length of this list only matters as the entries relate to what's important to you. Just be sure to include everything that fits. If you're not sure, put it on the list anyway.

The same rules apply here as in the first section. Think about the title of the section and write down whatever comes to mind. Don't analyze or evaluate. We'll do that a bit later.

SECTION 3: THINGS PEOPLE TELL ME I DO VERY WELL

This is no time to be modest. If people tell you you're a good cook but you don't think you're all that great, put it on the list anyway. Here are a couple of examples to get you started.

- *People tell me I'm a good at decorating.*
- *People tell me I'm fun and easy to talk to.*
- *People tell me I can fix anything.*

You can take it from here. Keep adding to your list as you think of new things people have mentioned you do well.

Don't limit yourself to recent times. Think back in your life. People may have told you that you were a natural athlete or a good student.

Give this section its due. I'm sure you'll end up with a list that includes things you've forgotten about until taking this time to think back and recall.

About the Author

My name is Brian Silverthorn. I've been working as a business consultant and a personal development coach for the past 25 years. Before getting into the consulting and coaching business I started and grew two successful businesses in the service, repair and construction industries.

I have a strong belief that all people deserve the opportunity to create a happy and fulfilling lifestyle for themselves. My passion is helping people achieve what they want in life by making the most of their businesses and their careers.

I also have a basic belief that we all have the capacity to have everything we want in life. We just have to develop the right attitudes, skills and habits and allow it to happen. In order to create that ideal life we have to:

- believe it can happen (because it can),
- figure out or discover work that allows us to express our natural talents and skills,
- and learn everything we can about becoming the best we can be at the work we do.

I've spent most of my time as a consultant and coach over the years helping business owners and individuals resolve issues that were keeping them from getting the results they wanted from their businesses and their careers.

The programs I write and teach are based on what I've learned by helping my clients achieve their individual versions of success. All the programs focus on the skills, techniques, habits and attitudes that help people create and enjoy the lives they want to live. Becoming very effective in all of the areas that have the greatest impact on your business or your career will speed and guarantee your success.

Visit my website, www.feedthegoodwolf.com, to learn more. While you're at it sign up for my weekly Success Tips email.

If your organization is interested in some personal help on any of the topics discussed in the *Success Guides* I write, give me a call at 916.933.9480 or send an email to bsilverthorn@feedthegoodwolf.com. I speak and facilitate workshops regularly and, if you have a need and an interest, I'd be happy to help.

What ever you decide to do in life,
I wish you great success.



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