

Outside Job Activities for Self-Improvement

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Inspiring Minds

I don't know the key to success, but the key to failure is trying to please everybody.

Bill Cosby

One secret of success in life is for a man to be ready for his opportunity when it comes.

Benjamin Disraeli

Your present circumstances don't determine where you can go; they merely determine where you start.

Nido Qubein



Self-Improvement

- Name one thing you would do, if you had the money or resources to do it.
- If your current job, work or career is not what fulfills you or gives you a feeling of contentment, how do you make it interesting, so that it does?
- Are you involved in activities outside of work, that bring you contentment, happiness, or satisfaction?



Self-Gratification

What is Self-Gratification?

-  Reward, recompense; gratuity, a source of satisfaction or pleasure
-  the act of pleasing oneself or of satisfying one's desires
-  What makes you happy or fulfilled?



Passion

- A strong liking or desire for or devotion to some activity, object, or concept
- Intense, driving, or overmastering feeling or conviction
- What would you do, preferably for money, but if money was not available, would you volunteer your services?



What Makes You Feel Accomplished?

Are you Creative?

Are you a Life Long Learner?

Do you like to Read?

Do you like Animals?

What do you like to do outside of work?

If you didn't have this job, what would you be doing?



Just Do It

 Find your passion!! Ask yourself these questions:

1. I really, really like doing _____?
2. If I could make money doing this _____, I would do it in a heartbeat!
3. Do I enjoy my job? If not, why not?
4. What brings me contentment?



Just For You

- Find what brings you contentment and do it, either for pay or as a volunteer.
- Make your job into something worthwhile for you.
- Create your own contentment by engaging in outside activities.
- Create the WORK you want to do.



Discussion

Interactive Group Discussion

-  What do I love to do and what do I not love so much to do?
-  Write down one thing that provides you with contentment or fulfills a creative urge in you?
-  Why haven't you done this one thing? What is holding you back?



Quiz

 Handout

 On a Scale of 1-5 with being 1 something you would love to do, are you doing that, if not, why not?



Thank You

 Questions or comments?

 Thank you for your participation!!

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