# Squiggly Careers

# Calendar

# JANUARY

*Stretch Your Strengths*

*Be a **first rate** version of **yourself***

*Not a **second rate** version of **someone else.***

*Judy Garland*

# JANUARY

## *Stretch Your Strengths*

### **Idea for Action:** Circles of Stretch

Think about 1 thing you want to be known for at work and 1 way you use that strength today. Now think about a bigger circle of impact, how could you use that strength to help your department? Go bigger, how could you use the strength to support your organisation. Go even bigger, how could you stretch your stretch and use it outside of work.

Keep thinking about bigger and bigger circles that could help you find new opportunities to develop and demonstrate your strengths.

### Coach Yourself Questions

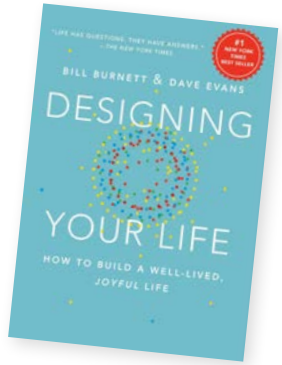
*What do I want people to say about me when I'm not in the room?*

### This Month's To-Do

*One thing I'm going to do to make my strengths stand out this month is...*

### Read

**Designing Your Life**
Dave Evans &
Bill Burnett




### Watch

**Marcus Buckingham**
for LeanIn




### Listen

**Squiggly Careers**
#122 Strengths Show
Up & Stand Out



**FEBRUARY**

*Manage Your Mindset*

# *Becoming is better than being*

*Carol Dweck*

# FEBRUARY

*Manage Your Mindset*

## Idea for Action: Growth Mindset Magnets

Think about when have you been most open to learning and most comfortable with challenge in your career so far. Answer these questions to identify your growth mindset magnets:

- Who were you working with?
- What were you working on?
- Where were you working?

Use these insights to help you spend time with people and in places that help you to manage your mindset and be at your best.

## Coach Yourself Questions

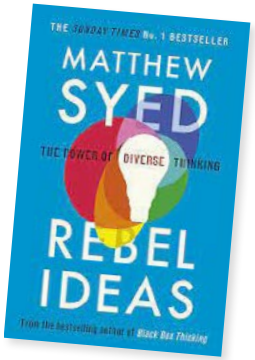
*What fears do I have about my work or career that get in the way of my mindset?*

## This Month's To-Do

*One thing I'm going to do to manage my mindset this month is...*

## Read

**Rebel Ideas**
Matthew Syed




## Watch

**Carol Dweck**
The Power of Believing That You Can Improve




## Listen

**Squiggly Careers**
#48 Growth Mindset



# MARCH

*Build Your Belief*

**The only one who can tell you**
***"you can't win"* is you**

**and you** *don't have to listen.*

*Dame Jessica Ennis-Hill*

# MARCH

## *Build Your Belief*

### **Idea for Action:** Reframe Beliefs That Hold You Back

Start by writing down any thoughts or beliefs that stop you from taking action.

Example: *I don't know enough* **or** *If I say what I think, people won't like me.*
Restate the beliefs so they can help you to move forward.

Example: *How I grow is more important than what I know* **or** *Saying what I think means people know where I stand.*

## Coach Yourself Questions

*What would do this month if you knew you couldn't fail?*

## This Month's To-Do

*One way I'm going to build my belief this month is...*

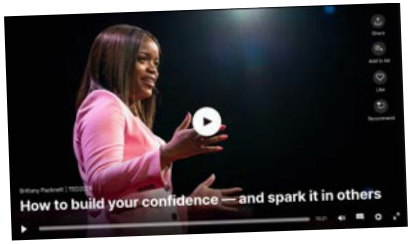
## Read

**Love Your Imposter**
Rita Clifton




## Watch

**Brittany Packnett**
How To Build Your Confidence




## Listen

**Squiggly Careers**
#107 How to Grow Your Self-esteem



# APRIL

*Invest In Your Career Community*

When people tell me they want to ***learn from experience,*** I tell them the key is to ***learn from other people's*** experience.

*Warren Buffet*

# APRIL

*Invest In Your Career Community*

## Idea for Action: Personal Board

Your Personal Board are the people who are supporting and challenging you in your career. You don't need lots of people on your personal board but you do want people to play different roles.

Who do you know who plays any of these roles for you today?

- Ideator
- Connector
- Empathasier
- Challenger
- Supporter
- Questioner

## Coach Yourself Questions

*What gaps have you got in your personal board?*

## This Month's To-Do

*One thing I'm going to do to invest in my career community this month is...*

## Read

**Rise Up**
Stormzy




## Watch

**Matthew Syed**
Cognitive Diversity



## Listen

**Squiggly Careers**
#204 How To Build Your Personal Board



# MAY

*Spot Your Success*

*Never let* ***success*** *get to your* ***head***



*& never let* **failure** *get to your* ***heart****.*

*Drake*

# MAY

## *Spot Your Success*

### **Idea for Action:** Very Small Successes

Shine a spotlight on your very small successes to give you perspective about what you are doing well and maintain your motivation.

For 2 weeks, write down 3 very small successes at the end of each day.

After 2 weeks, look back at your 42 small successes and see what themes emerge about the things you're proud of and where your efforts had a positive impact.

### Coach Yourself Questions

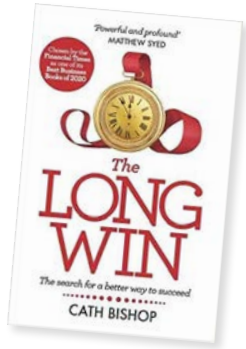
*What does a successful week at work look like for you?*

### This Month's To-Do

*One way I'm going focus more on my successes this month is...*

### Read

**The Long Win**
Cath Bishop




### Watch

**Neil Pasricha**
The 3 A's of Awesome




### Listen

**Squiggly Careers**
#214 How To Redefine Success in a Squiggly Career



# JUNE

*Focus on Active Rest*

*When we **rest** our energy is **restored.***

*Lailah Gifty Akita*

# JUNE

## *Focus on Active Rest*

### **Idea for Action:** Reflect on Rest

Active rest is when we take a break from work by occupying our brains with a different activity that fully absorbs our attention and requires us to be fully present. This could be cooking, painting, computer games, playing sport or music.

Experiment with Active Rest. Identify 2 or 3 activities which you enjoy and that hold your attention. Plan time for them into your week. Reflect on how they made you think and feel during and after.

### Coach Yourself Questions

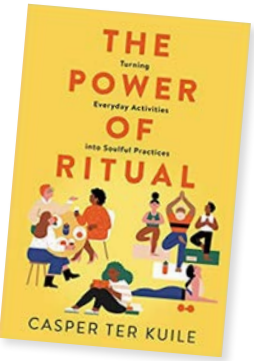
*What helps me to stay present?*

### This Month's To-Do

*I'll make time for Active Rest by...*

### Read

**The Power of Ritual**
Casper Ter Kuile




### Watch

**Shawn Achor**
The Happy Secret to Better Work




### Listen

**Squiggly Careers**
#164 The Power of Rest with Alex Pang



**JULY**

*Habits To Help You Grow*

*We are what we repeatedly do.*

***Excellence,** then, is not an act, but **a habit.***

*Aristotle*

# JULY

*Habits To Help You Grow*

## **Idea for Action:** Sticky Habits

Habits that connect to our sense of self are much stickier than ones that feel like a task on a to do list. To create stickier habits, think about a habit you'd like to build:
Example: I want to read more books. Now think about how this connects to your identify:
Example: I'm a person who loves to learn. Reading more keeps me curious.

Identity-based habits are much harder for us to give up.

## Coach Yourself Questions

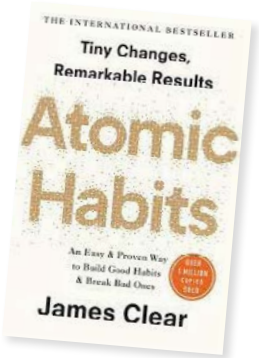
*What unhelpful habits could be getting in your way at work?*

## This Month's To-Do

*One way habit I'd like to focus on building this month is...*

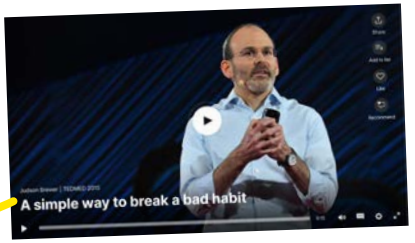
## Read

**Atomic Habits**
James Clear




## Watch

**Judson Brewer**
A Simple Way to Break a Bad Habit




## Listen

**Squiggly Careers**
#62 Ten Habits To Transform Your Career



**AUGUST**

*Maximise Your Motivation*

# Nothing will work ***unless*** you do.

*Maya Angelou*

# AUGUST

## *Maximise Your Motivation*

## **Idea for Action:** Design Your Drive

In Daniel Pink's work on motivation, he talks about the importance of purpose, mastery and autonomy in creating drive.

*Reflect on these prompts to think how you could design drive into your days.*

- **Purpose:** What feels most meaningful about the work you do?
- **Mastery:** How could you make your strengths stronger?
- **Autonomy:** What one thing would give you more control over when, where or how you do your work?

## Coach Yourself Questions

*What has the biggest impact on your motivation at work?*

## This Month's To-Do

*One way I'm going to increase my motivation this month is...*

## Read

**The 5 Second Rule**
Mel Robbins




## Watch

**Dan Pink**
The Puzzle of Motivation




## Listen

**Squiggly Careers**
#65 Getting To Grips With Motivation



# SEPTEMBER

*Be The Change*

How wonderful it is that **nobody need wait** a single moment before starting **to improve the world**.

*Anne Frank*

# SEPTEMBER

*Be The Change*

## **Idea for Action:** Change Mind Map

Effective change comes from a clear view of what you what things to look like (Projection), knowing why it matters to you (Personal), thinking about who can help you (People), how you'll know things are moving forward (Progress) and what the ultimate outcome will be of your efforts (Positive Impact).

Mind map you thoughts on each of these areas or download our template to use as a prompt.

## Coach Yourself Questions

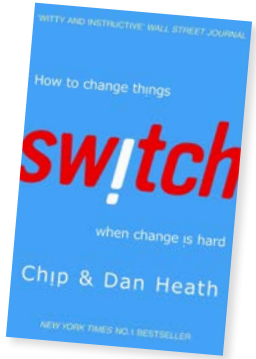
*What is the change you are most motivated to make?*

## This Month's To-Do

*One thing I'm going to change for the better this month is...*

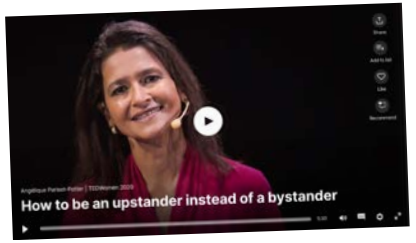
## Read

**Switch: How To Change Things When Change Is Hard**
Chip & Dan Heath




## Watch

**Angélique Parisot-Potter**
How To Be An Upstander Not A Bystander




## Listen

**Squiggly Careers**
#288 How To Be A Changemaker



**OCTOBER**

*Work In Progress*

When we **strive to become better** than we are, **everything** around us **becomes better** too.

*Paulo Coelho*

# OCTOBER

*Work In Progress*

## **Idea for Action:** Even Better If

Success rarely happens overnight and is much more likely to be the result of continual and incremental improvement.

For 1 week, at the end of every day think about *one action you can take that could help you to be even better tomorrow.* That could be to listen more in a meeting, to start a project you've been procrastinating on, to take a break and go for a walk at lunchtime. If you commit to this consciously for a week you will build your 'even better if' mindset muscle.

## Coach Yourself Questions

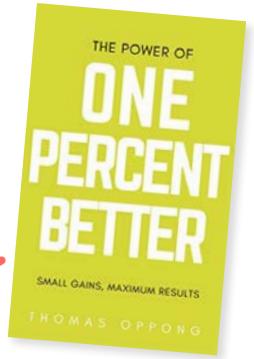
*What you like to be true about you in 12 months time that isn't true today?*

## This Month's To-Do

*One thing I'm going to focus on improving this month is...*

## Read

**The Power of One Percent Better**
Thomas Oppong




## Watch

**Bernie Dunlap**
The Life-long Learner




## Listen

**Squiggly Careers**
#208 How to explore your potential



# NOVEMBER

## *Reframe Your Failures*

*As long as they are well-intentioned,* ***mistakes are not a matter for shame,*** *but for learning.*

*Margaret Heffernan*

# NOVEMBER

## *Reframe Your Failures*

## Idea for Action: Fear Setting

A fear of failure can limit our learning as we avoid situations that could stretch us beyond what we know and do today. Tim Ferris's 'fear setting' technique can help to prime you for failure.

- Define the fear
- Write down how you could prevent it
- Think about how you would repair it

Fear setting helps you go into new situations with confidence about the risks you might face and how to respond to them if they are realised.

## Coach Yourself Questions

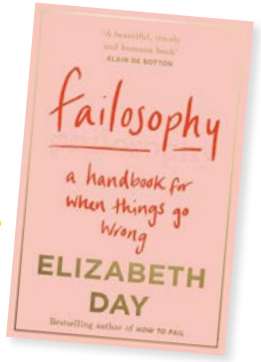
*What did you learn from your last failure?*

## This Month's To-Do

*One risk I'm going to take this month is...*

## Read

**Failosophy**
Elizabeth Day




## Watch

**Tim Ferris**
Why you should define your fears instead of your goals




## Listen

**Squiggly Careers**
#113 How to respond when work goes wrong



# DECEMBER

*Be Consciously Curious*

***Inspiration does exist,***
*but it must find you working.*

*Pablo Picasso*

# DECEMBER

*Be Consciously Curious*

## **Idea for Action:** Curiosity Kickstarter

Set a 5-minute timer on your phone and capture all the things you're curious about inside and outside of work.

When your timer goes off after 5 minutes circle one of the areas you've written down that you'd like to prioritise exploring first.

## Coach Yourself Questions

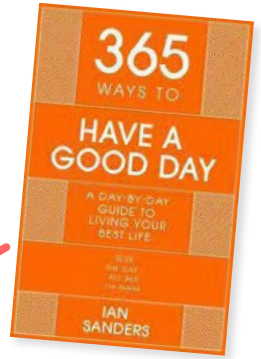
*What would a day of inspiration look like for me?*

## This Month's To-Do

*One thing I'm going to do to be consciously curious this month is....*

## Read

**365 Ways To Have A Good Day**
Ian Sanders




## Watch

**Austin Kleon**
Steal Like An Artist



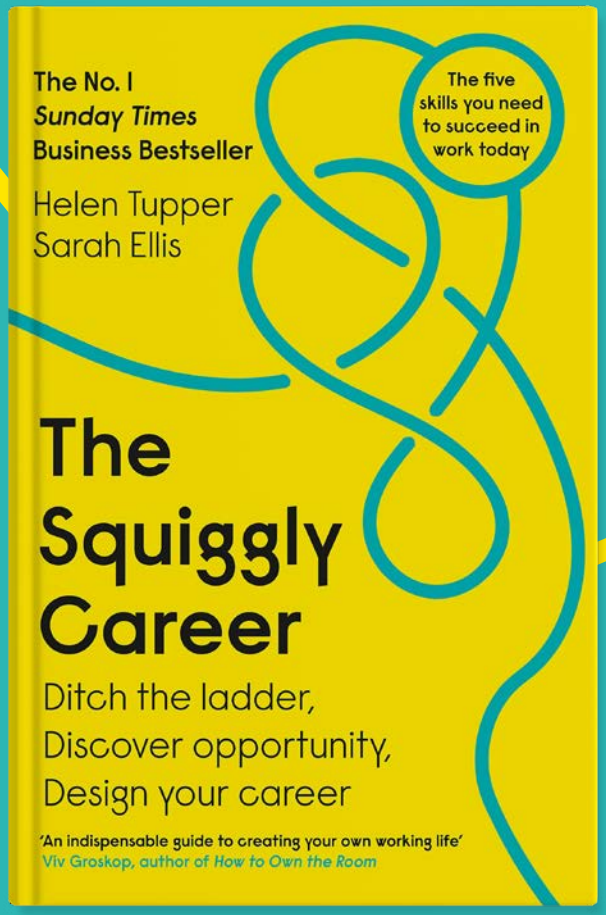

## Listen

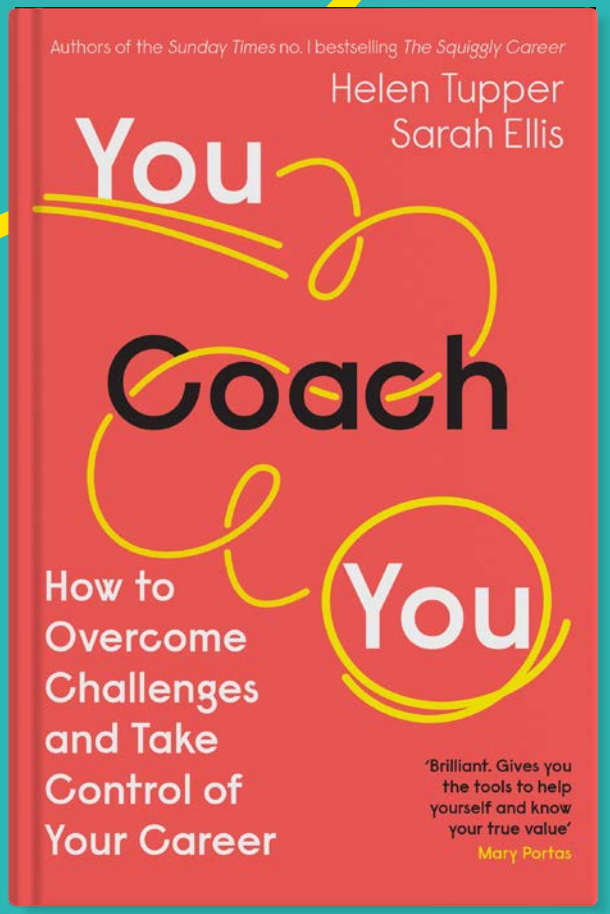
**Squiggly Careers**
#26 Curiosity Career Super Skill



# Learn More

For more support with your career development, our books **The Squiggly Career** and **You Coach You** are here to help.




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