Professional Growth Goals

Stay energized

More than any other factor, your vitality—your health, mood, and energy—affects how creative, productive, and relational you are. Staying energized and nurturing your vitality is essential to professional growth so develop a practice of paying careful attention to your body. One way is to set a long-term goal, preferably an exciting one, and start moving toward it right away.

When it comes to developing your vitality, is there something you know you want to do before you die? Be specific like run a marathon, take a mediation retreat, or climb Half Dome. Fill in the blank with a big goal you know you'd like to pursue that will help you focus on your health.

Before I die I want to _____

_____

Now think of something you can do towards this goal in the next few months and complete this sentence.

And this year I will _____

_____

Finally, think of the very next tiny step you know you can do in the next few days, maybe even today, and complete this sentence.

And this week I will _____

_____

The small steps

Write down all the small steps you need to take, not necessarily in order, Break them into smaller and smaller steps by completing the sentence, "In order to do that I need to _____."

(Add paper as needed.)

- ☐ _____
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Professional Growth Goals

Build valuable skills

In his book *So Good, They Can't Ignore You* Cal Newport argues how rare, valuable skills open doors to professional opportunities, recognition, and success like nothing else. Professional growth accelerates when you are very good at something specific people need. Mastery requires learning how to concentrate on difficult tasks, a skill that applies to all other skills. The professional advice to "follow your passion" doesn't work. Instead "Develop a passion for pursuing valuable skills."

Is there a skill you can pursue to the point where you are better than anyone you know of? Is it so valuable people will pursue you when they find out? What big accomplishment would demostrate your mastery?

Before I die I want to _____

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Think of something you can do towards this goal in the next few months and complete this sentence.

And this year I will _____

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Professional Growth Goals

Build strong relationships

Who you choose to hang with, what you offer each other, and how you resolve conflicts and collaborate can lead to professional growth you can't achieve alone. Strong relationships start with making new connections and being generous with your skills and experience. Do you have role models you'd like to get to know? Are there colleagues who challenge you to be your best? Is there a meetup or a conference where cool people are doing cool things you really care about? Learn how to reach out to people who will help you be your best. Connect to them by offering something you know they need. Learn how to ask for help.

Is there something you know you want to do to build strong relationships?

Before I die I want to _____

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Now think of something you can do towards this goal in the next few months and complete this sentence.

And this year I will _____

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Finally, think of the very next tiny step you know you can do in the next few days, maybe even today, and complete this sentence.

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Professional Growth Goals

Make something better

Think of creativity as the energy you put into something to make it better or more beautiful. Developing creative skills will help you solve hard problems and innovate, and having the artifacts to show for your work helps you stand out as a professional. Finishing valuable things is a rare valuable skill.

What can you do to develop your creativity? Is there a challenging project to which you can turn your attention and develop your creative skills, improve something that really needs improvement, or helps someone else solve an important problem? Is there something you've always wanted to make real?

Before I die I want to _____

_____

Sometimes big creative projects are best started right away. Think of something you can finish in the next few months that will help you stay connected to your creativity.

And this year I will _____

_____

Finally, think of the very next tiny step you know you can do in the next few days, maybe even today, and complete this sentence.

And this week I will _____

_____

The small steps

Write down all the small steps you need to take, not necessarily in order, Break them into smaller and smaller steps by completing the sentence, "In order to do that I need to _____."

(Add paper as needed.)

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