

Making Wise Daily Decisions

Chapter 2: Career

While you need to consider your purpose, unique abilities, and values to “zoom out” and make wise, big-picture-perspective career decisions, the same thinking is valuable for zooming in and making daily, seemingly pedestrian, work decisions.

To this end, write down a few of the different opportunities you’ve been asked to choose from lately.

Now evaluate whether those opportunities are in alignment with your purpose, unique abilities, and values. If they all are, rock on! If not, how can you go out and create new opportunities that are in better alignment?

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book