

Chapter 8: The Whole You

It can be difficult to satisfy all aspects of your personality, interests, skills, and values from just one area of life, such as your career. Therefore, it's important for you to look at other activities to satisfy yourself and enrich your life.

You're a whole person, and your career is only a part of you. It's common for individuals to solely consider the role of their career on their life satisfaction or dissatisfaction, while overlooking the contributions of other life activities. You may have witnessed the impact of this on family members and/or other adult role models in your life.

When possible, we want to capture our interests and passions within our career, but it's realistic (and common) that our career won't fulfill all of these fully and that we'll need other outlets.

As an example, consider Wei, who is an accountant.

While they enjoy their job, it doesn't meet all of their identified interests. In fact, Wei has a strong artistic interest which they find difficult to satisfy in their accounting job.

Therefore, Wei pursues photography and cooking classes in their leisure time.

They find these activities leave them feeling more balanced and provide an outlet for stress and a source of relaxation.

Additionally, they rate their career as more satisfying when they engage in these activities, as opposed to when they don't do these activities.




<https://unsplash.com/photos/Lj8OnqaYUqw>

Think of some leisure activities and hobbies you currently engage in or would like to pursue, then identify what the activity provides. The activity may satisfy an important value or interest that's difficult to satisfy in your career.



For example, you may enjoy planning gatherings and events for your friend group, as it provides you a creative outlet, where you can organize, build community, and bring joy to others.

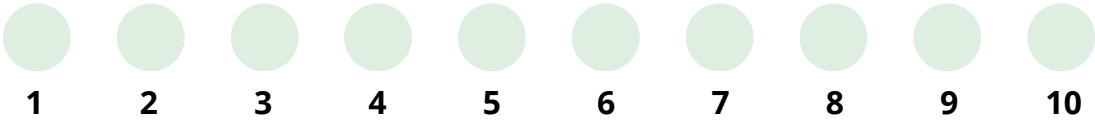
You might enjoy acting as a volunteer coach for a youth soccer team, as it provides you an outlet to be involved with sports and sense of meaning and helping.



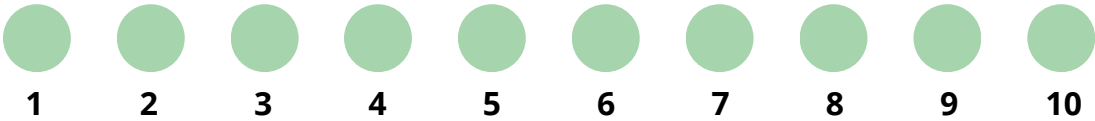
As you are a whole person, it is important to remember that overall satisfaction comes from more than one role and more than one area of life!

For this exercise, use the scales below to indicate from **1 to 10** your current level of satisfaction/fulfillment in each of the domains listed, with 1 being very dissatisfied/unfulfilled and 10 being very satisfied/fulfilled.

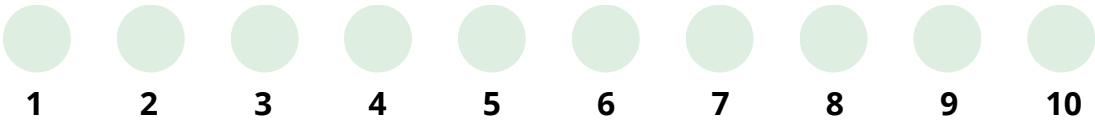
CAREER



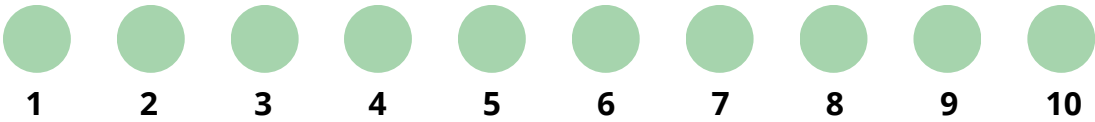
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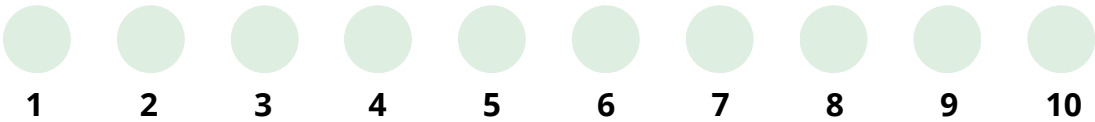
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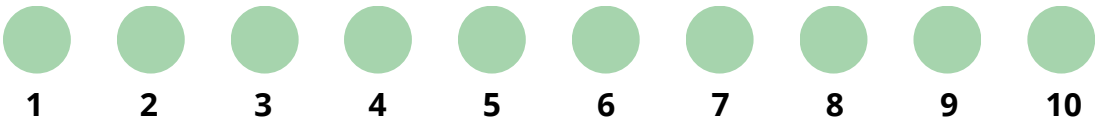
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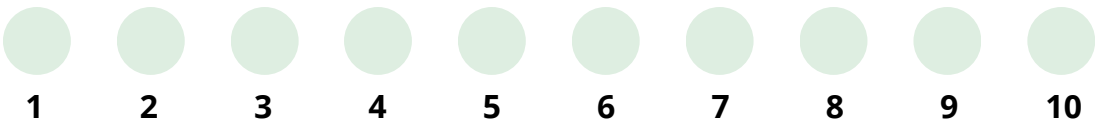
FAMILY



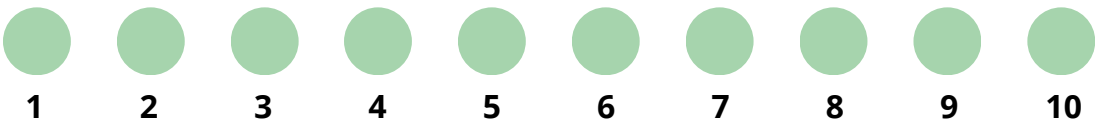
RELATIONSHIPS



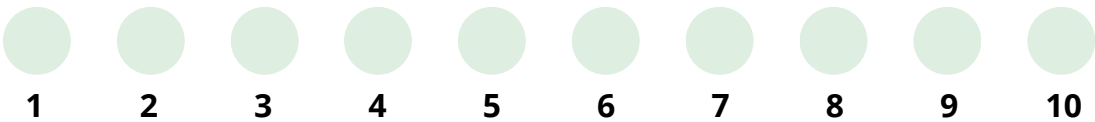
SOCIAL LIFE



ATTITUDE



OTHER



REFLECTION:

Which areas are most fulfilling to you now and why? How can you ensure you keep these as priorities in your life?

Which areas would you like to become more fulfilling and why? What would make your satisfaction in these areas a 10 out of 10? How can you make this happen?

CAREER AND LIFE GOALS

In the previous exercise, you identified areas of fulfillment, where you'd like to have more satisfaction.



Often change is required in the pursuit of fulfillment, which many people find intimidating or overwhelming.

This means fear/anxiety could be a potential barrier to increasing your fulfillment. If you feel this way you aren't alone! One way to navigate change and address this barrier is to create a set of goals.

Many successful people find that periodically setting and reviewing goals are essential steps towards achieving desired outcomes.

There are many reasons why setting goals is important. Specifically, goal setting can help you to:

- Identify what's meaningful and provides motivation
- Support your focus and direction so you can use your time and resources efficiently
- Problem solve and make decisions more confidently
- Exercise a degree of influence and independence in your life
- Build in accountability to your goal attainment process
- Enhance self-esteem and identify skills and abilities through your accomplishments

Our career and life goals impact one another. For example, your personal goal of owning a vacation property may be impacted by your income and perhaps your availability to use that property.

Keep in mind that goals aren't meant to be rigid and can change. People are often reluctant to adjust goals because they perceive that as a failure. Being flexible will help you leave room for personal growth and capitalize on new opportunities you will discover.

In the next exercise, identify **15** career and life goals using a **S.M.A.R.T.** goal setting framework:

SPECIFIC

Be precise about what you want to do. What actions will you take?

MEASURABLE

How will you measure your progress and how will you know that you met your goal? (e.g. By how much? How well?)

ACHIEVABLE

Do you have the skills and resources needed to make the goal happen, and if not, how can you attain them? Focus on goals that are within your reach, and that depend on change from you rather than other people. Try to visualize yourself achieving your goals.

RELEVANT

Think about *why* you are setting this goal. How does this goal fit with bigger life picture?

TIME

Set a timeframe to keep you focused and efficient while you pursue a goal.

After each goal, indicate if you'd like to achieve the goal in the next **1, 3, 5, or 10+ years**.

Your goals may range from reading a certain book or taking a dance class, to completing an educational certification or starting your own business. Avoid goals that are vague and difficult to measure, such as “be happier” or “have a better social life.”

Ask yourself specifically what things you can do to make your broader goals happen, so they're specific and measurable (i.e., one thing I can do to be happier is join a volunteer initiative in my community within 1 year).

It can be helpful to reference the satisfaction/fulfillment scales from earlier in this chapter when goal setting. Pay attention to areas that stand out or resonate with you, and use these to develop your goals.

Know that it takes practice setting goals that are SMART! Feel free to ask for feedback from your counsellor.

REFLECTION:

Do you notice any themes in your goals (e.g., relationships, adventure, financial security)?

How do your goals affect your career planning (i.e., do your goals point you in a certain direction or make some careers less desirable?)

Select your top 5 goals from those indicated earlier, and record them below, along with timeframes in number of years (1, 3, 5 or 10+ years).

1.		
2.		
3.		
4.		
5.		

Why are these goals the most important to you?

What steps can you take to make these become a reality?

REALITY

It's impossible to ignore the fact that we each have a reality that may make certain career options not possible. Unfortunately, many people let reality consume their focus, and settle for careers that don't fulfill their interests, personality, and values.

It's possible to find careers that are a great fit and take into account your reality if you base your decisions on the important aspects of yourself that we've been exploring.

We do, however, need to include the factors in your reality that aren't changeable and that you would like considered in your career decision.

Below, list up to **5** of these factors below and describe why each is an important part of your reality to take into account in your career decision.

Reality Factor	Why is it Important?
Example: <i>Can't leave the city</i>	<i>Because of partner's job and aging parents.</i>

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Refer to [page 192](#)

CAREER CRITERIA SUMMARY

Take a moment to transfer your reality factors to the "**REALITY FACTORS**" section on your Career Criteria Summary!

