

Squiggly Careers PodSheets



How to explore your potential

“ Fulfillment doesn't come from clearing hurdles others set for you; it comes from clearing those you set for yourself. ”

Robert Steven Kaplan
(Reaching Your Potential, published on Harvard Business Review)




How are you stretching your strengths in different situations? (see diagram below)

3 ways to stretch your strengths and uncover your potential

- 1 Develop in different directions**
Actively work at growing what you are already good at by using your strengths in different situations and making them great.
- 2 Teach others your strengths**
Knowledge-sharing makes learning last and challenges you to effectively explain what you know.
- 3 Learn from the best**
How can you actively learn from those at the top of their game? Adopt a growth mindset.






How to develop your risk-readiness when exploring your potential

-  **Recognise the risk**
Does it feel exciting?
How will it benefit you?
-  **Be realistic**
Think about the impact of the risk.
What's the worst that could happen?
-  **Have a Risk Recovery Plan**
How can you get feedback on the action you plan to take?

Coach Yourself Questions

- 1** What is it you want to explore your potential in?
- 2** What would you add to your "curiosity" curriculum?

Recommended resources

-  **The Startup of You: Adapt to the Future, Invest in Yourself, and Transform Your Career**
Reid Hoffman and Ben Casnocha
-  **Ted Talk: Why you should define your fears instead of your goals**
Tim Ferriss on fear-setting
-  **40 minute Mentor**
Be inspired by guests on this podcast.

Amazing if