Podsheet

How to change your pace and perspective

Squiggly Careers

Why it matters

Squiggly careers are full of change, challenge, and uncertainty.

These factors take a toll on our energy levels and can often feel out of our control.

If you can consciously manage your pace and perspective, you're more able to work in a more sustainable way.

"I believe everyone should have a broad picture of how the universe operates and our place in it. It is a basic human desire. And it also puts our worries in perspective."

Stephen Hawking

"There is more to life than increasing its speed".

Mahatma Gandhi

Assess your pace and perspective

On the scales below, mark where you feel you are today and where you would like to be.

Too slow

Too fast

Deep in detail

Far in future

Coach yourself questions

When was I at my best in the first few years of my career?



What 3 words do I want to use to describe my career in 3 years time?



Idea for action: Pace setting



Create a visual summary of your main deadlines and give them a red/amber/ green status. Reassess and update this daily/weekly to create momentum.

To slow down < Slow Flow

Start your day with an activity that requires your focus and can't be rushed.

e.g. Read a chapter of a book / meditate / make a 'slow' breakfast from scratch

Idea for action: Perspective finding



To zoom out > Go Beyond

Read or listen to something that takes you into another world than your work e.g. Read the Economist / Listen to New Scientist Podcast / Watch TED Talks

To zoom in > Detail Your Day

Play back how you spent your time. Describe who you were with, what you enjoyed, who you spent time with and how they made you feel.

Recommended resources



The Things You
Can See Only
When You Slow
Down: How to be
Calm in a Busy
World



Perspective is everything Ted Talk from Rory Sutherland



Making decisions by design

Podcast host Adrienne talks about how best to make decisions



