

Quick action-focused wins in your squiggly career can help create the motivation and momentum you need to do your best work.

Use quick wins as prompts for your progression.

Who could keep you committed to taking action?



## 10 Ideas for action & recommended resources

### 1. Pick a new tool to try out - 10 mins

Play with a new tool, and share what works for you with other people.

Try out [Miro](#), [ChatGPT](#), [Microsoft Loop](#), [Paper](#), [Fireflies.ai](#), [Coggle](#)



Listen to [#331](#) of Squiggly Careers

### 6. Do someone a fast favour - 5 mins

Ask yourself: How could I easily help someone else?

eg. Teach them a quick tech hack, share one recommendation for a podcast/book, help review work.



Listen to [#298](#) of Squiggly Careers

### 2. Give a thoughtful thank you - 5 mins

Ask yourself:

Who has made a difference to me at work this year / month / week?

Send them a voicenote, card, message or email.



Listen to [Kindness](#) with Mary Portas

### 7. Assess your learning agility - 10 mins

Learning agility is your ability to succeed in first time situations.

[Complete our learning agility assessment for personalised ideas for action.](#)



Take our [online assessment](#)

### 3. Do a 'So what' Ted Talk - 20 mins

Watch a Ted Talk, then take a few minutes to reflect and ask yourself:

-What did I learn?

-What did that make me think?

-What action will I take now?



Watch [The Anti-CEO playbook](#)

### 8. Add an additional active rest activity for 1 week - 15 - 30 mins

Active rest means doing something that fully absorbs your focus eg. reading / gardening / exercise.

Try one new active rest activity in a week.



Listen to expert [Alex Soojung-Kim Pang](#)

### 4. Have a curious career conversation - 30 mins

A conversation away from your day to day will make a difference to your development. Prepare for conversations by reflecting on the question: 'How could they help me?'



Listen to expert [Celeste Headlee](#)

### 9. Each one / Teach one - 20 mins

Identify one area you have expertise or experience in and share it with someone else.

*In squiggly careers everyone's a learner and everyone's a teacher.*



Watch our [TedX Talk](#)

### 5. Ask for easy feedback on your strengths - 5 mins

Collect data on your development.

-What 3 words describe me at my best?

-When do you see me have positive impact?

-What's 1 skill I have that you see is useful in our team?



Listen to [#301](#) of Squiggly Careers

### 10. Keep a '3 very small successes diary' for 10 days - 1 min

Doing this simple reflection exercise for 1 minute a day will give you 30 small successes to be proud of.

*Writing it down builds up your optimism so that you are better at spotting opportunities.*



Listen to [#214](#) of Squiggly Careers