

8 QUESTIONS TO ASK YOURSELF

These questions can lead to unexpected 'a-ha' moments as companies ask people to return to work



AM I HAPPY?

What aspects of work and life bring me joy?
Is it time to get to my 'someday...' list?
How do I do more of the things that bring me joy?



WHAT IS MY PURPOSE?

What is most important to me & why?
Am I spending time on what's most important?
What does a life well lived mean to me?



WHAT IS MEANINGFUL WORK?

How can I do more of what I love?
How can I do less of less of what I hate?
How can I have greater impact and help those in need, who could use my skills?



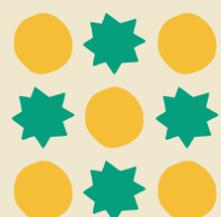
AM I THE BEST I CAN BE?

Am I best I can be at home and at work?
Am I learning, growing and evolving as a person?
What does success mean to me? Do I need to redefine it?



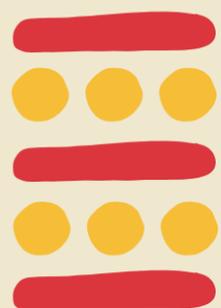
IS MY LIFE BALANCED?

Do I live to work, or work to live?
How do I spend more time with my family and be there for the moments that matter most?



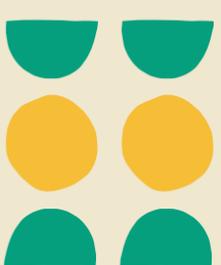
IS THIS HOW I WANT TO WORK?

Why do I have to incessantly travel for work?
Why do I need to spend all these hours commuting?
How can I live and work from a place that inspires me?



IS THIS THE RIGHT PLACE FOR ME?

Am I being myself everyday at work?
Is the company truly inclusive? Do I belong here?
Am I really being treated equitably in all aspects?
Is the company providing me the flexibility I need?



IS THERE MORE TO WORK?

Are there other passions I want to pursue apart from work?
Do I need a side hustle?
Can my side hustle become a full time gig?

