

Empowerment

Empowered people are not passive recipients. They empower themselves within their contexts.

What is meaningful in my work right now?
What contribution do I feel I am making to the greater whole by doing what I do?
How can I feel a stronger sense of purpose and connection to work than I currently feel?

Having a personal connection to work

Meaning

What freedom do I currently have and do I use this well?
Where / how do I push back if I am feeling micro-managed or constrained?

Having freedom and discretion

Self Determination

What competencies do I feel confident about and where do I lack a sense of confidence?
How can I grow my sense of competence, given my current challenges?

Competence

Confidence about abilities

Impact

Able to influence & make a difference

To what extent does my effort translate into something that feels worth it?
How productive do I feel after an average day's work?