



Leigh's Love Your Job Cheat Sheet

Your personalized guide to doing
the work you love

What difference would it make if you:

- ✿ Loved your work?
- ✿ Knew what really mattered?
- ✿ Could safeguard your **success**?

For more than 10 years I've used the *3EEEs* with 100s of job seekers. It's the quickest shortcut I know to learning the secret to loving your work.

Take 3 minutes to answer the questions below. Then I'll show you how it's changed my life - and how it can do the same for you.

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It's as simple as this!

To do what you really love, you need work that **energizes** you; and work that allows you to do what is **effortless**. This means there's a good chance you'll be brilliant at it. Who doesn't want that?

After that, all you need to know is what environment brings out the best in you; where you can be the most **effective**.

Answer these questions to find the work you'll love!

1. What ENERGIZES you?

- What have you been doing on the days you feel really energized?
- You get to the end of the day and you're buzzing with enthusiasm. What's been happening that day to make you feel this way?

I FEEL ENERGIZED WHEN...

2. What do you find most EFFORTLESS?

- What can you do easily, that other people find difficult?
- What can you do without getting stressed?

THE THINGS THAT COME EASY TO ME ARE...

3. What do you need to be most EFFECTIVE?

- Where do you do your best work?
- Who do you need around you?

FOR ME TO BE THE MOST EFFECTIVE, I NEED...

Here's how *3EEEs* work FOR ME

I love being a coach because:

1. I am **energized** when I help people find solutions
2. I find it **effortless** to make connections between people and ideas
3. I'm **effective** when I have the freedom to make decisions - and act on them

I love helping women produce their own solutions to achieving their dreams. And being my own boss means I have the freedom to make decisions and act of them!

How to use this information?

There's at least 3 ways your answers can guide the decisions about your work.

Here's my suggestion to help you with:

- your current work
- future opportunities
- your own business or self employment

Remember to do what you really love; do work that **energizes** you; where you get to do what is **effortless**, and where you can be most **effective**.

1. Your Current Job

Assess your *3EEE* answers against the work you're doing now.

How well does it match?

- Do you get to do what energizes you?
- Are the activities effortless?
- Does the environment allow you to be effective?
- If not, maybe it's time for a change.

PS. But also look for flexibility within your current role for the things you could change.

2. Future Opportunities

Assess your *3EEE* answers against future work opportunities.

How well does it match?

- Will you get to do the things that energize you?
- Will you use the skills and talents that come to you effortlessly?
- Does the job provide the right environment for you to do your best work?

If you're not energized and motivated by the work, then are you likely to get bored? It pays to consider carefully if this is the right job for you.

I know we don't all get to choose the work we do. But if you know what you're aiming for, you've got a much better chance of getting it right.

3. Your own Business or Self-employment

If you're in business, or considering starting your own enterprise, it's even more important to be doing the things that will:

- Energize you.
- Use the talents you find most effortless.
- Provide the right environment to thrive.

Being your own boss can be tough at times. It takes hard work and determination. Doing what you're brilliant at means you're a long way towards making your business a success.

You owe it to yourself

We spend so much of our lives at work. That means we owe it to ourselves to do something that is meaningful and allows us to shine.

I know from experience that you can change your life when you know what you're brilliant at, and where you do your best work.

She Loves Life Over 50 is here to help women like you move from being Stuck to Unstoppable at work. When our lives are filled with inspiration, purpose and strength, we can take on the world.

Please give the *3EEEs* a try. If you have any questions or comments you can contact me at leigh@leighjohnsonnz.com.

Leigh Johnson

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PS. I'm offering you a free 25 minute strategy call if you would like some help with the *3EEE* questions, or understanding the results. I'd love to hear from you. Two heads are better than one.