

Discovering Your Motivated Skills

In this module we're going to explore your motivated skills and how these can help you discover new and exciting career options.

Finding jobs and then trying to make them fit your skill set is a recipe for disaster.

What you should do instead is identify your top motivated skills and then find jobs that require those skills. Not only will you have transferable skills using this approach, but you'll also have loads of examples of these skills to put on your CV and to give at interview.

Motivated skills are skills that you enjoy using the ones you get a buzz out of using.

ACTION: I want you to come up with 10 motivated skills and then rank them in order of preference, which ones do you like using the most? which ones are you best at? You'll find the skills you love using are normally the ones you are great at.

Later in this course you are going to be using your top 3-5 motivated skills from this list to start generating potential career ideas!

Here are some questions to help tease those skills out of you!

- Recall times where you have used skills connected with:
 - Information (research, data, analysis)
 - Imagination (creating, designing, building)
 - Planning and Systems (Structures, processes, organisation)
 - Growth and Enterprise (making things happen, being entrepreneurial)
 - Influencing People (Leading, driving change, managing stakeholders)
 - Developing People (coaching, training, mentoring)
- Thinking about a day at work when you were in flow - in other words, you were entirely absorbed in what you were doing, time passed quickly, and you went home feeling a buzz. Slow that day down in your mind as if you were watching a video frame by frame. What were you doing? What skills were you using?
- What were the most interesting roles or projects you undertook in the past? What was the best job you ever had? What skills were you using?
- What skills have you found it easy to acquire? What comes naturally?
- Imagine it's Sunday night and you are looking forward to particular activities and project in the week ahead. What skills are you looking forward to using?
- Think about a time when you surprised yourself by doing something you didn't know you were capable of doing. What skills were you using?

- If your life depended on naming a skill at which you think you're in the top 1 percent of the world, what would it be? (This is a very hard question for most people, by the way – but it often gets people thinking in the right direction).

No	Motivated Skills
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2.	
3.	
4.	
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10.	