



Ame  
Recruiting Leader

# Become your best self

## How self-knowledge can help you become your best self

- ▶ Spend some time doing self-reflection and think about what truly makes you happy. Your personal purpose is the thing you do that you enjoy the most.
- ▶ To find your purpose, ask yourself what gave you the most joy when you were young? What comes easily to you? What are your hobbies and what do you enjoy most about them?
- ▶ Listen to feedback from others. Are there consistent themes in the feedback you receive from others about your skills or what you do well?
- ▶ Listen to your inner guidance and trust your instincts. With some self-reflection, you can more easily define your purpose, and knowing your purpose will help you find the job that makes you happy.

## Ensuring that you land the right role that is most suited to yourself

- ▶ **Your skills:** Think about your skills, what are you good at, what do you enjoy doing? Are you the “go-to” person at a skill or activity? How can you use that skill on the job? What type of job would provide you with the opportunity to use those skills to fulfill your purpose?
- ▶ **Work environment:** Think about the type of role you are looking for and where you want to work. Is there a specific type of work environment or culture that you are looking for? Is there a specific company or establishment you want to work for? Do some research on the internet to find out more about that company. Talk to people in the field or company you are interested in. Learn about the day to day responsibilities and think about how you would feel completing those tasks daily.
- ▶ **Perfect job:** If you could create the ideal job, what would that look like? What are elements that you are willing to be flexible on? Understand the job requirements and make sure they align to your skills. If you don't have the exact requirements, think about the skills you have that are transferable and could be leveraged in a different way.

## Understanding how to explain your skillset

- ▶ In order to present your skills in the way you want them to come across, first define them. What are your skills? What do you do very well and enjoy doing?
- ▶ Make a list of your top 3-5 skills and think about how you have used those skills in the past.
- ▶ Think about prior experiences at work, school or personal situations. Focus on and highlight the positive outcome and achievements as a result of how you used those skills.

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