

| YORK | ST JOHN | UNIVERSITY

Est.

1841

Self-Reflection

FLOURISH & THRIVE

When considering our own version of success, it is important to find a career or job role that aligns with our values, ambitions and interests, so that we can flourish and thrive, rather than feeling miserable and burnt out. The activities below can be helpful in considering our own version of success, and what is important to us as individuals when it comes to career-decision making.

FLOURISH stands for

Fulfilment	What fulfills or energises you at work or during study?
Location	Where would you like to be based? Flexibility?
Occupation	Do you have roles and/or future aspirations in mind?
Usual work environment	Which type of work environment suits you best? E.g. your team
Rationale	What is the rationale behind your thoughts about future career?
Ideas	Do you have any current ideas about additional experiences?
Skill development	What skills are you hoping to take away from the experience?
Homework	Any gaps that you need to work on in the meantime?

THRIVE stands for

Training and development opportunities	You can reflect on this framework every time you
Hours of this job	find a role you are interested in, and compare your analysis
Responsibilities of the role	to the answers you have given about yourself to the FLOURISH questions.

2019 LaunchPad

Institutional culture

Values and vision of the organisation

Employer Feedback

