

Application Activity # 1: A Quick Way to Identify What Gets People Excited and Engaged

Here is a simple activity I have used with clients over the years to jumpstart getting people excited and engaged. Spoiler alert: It begins with you.

Think about a job—it could be your current job—that made you happy. You loved going to work. That doesn't mean that you loved every minute of the work, but you loved most of those minutes and hours and days and years.

Please focus on the experience of the work itself and try not to focus on the great benefits, how much money you made, or how easy the commute was.

Jot down what it was about that job that you found so good.

What was the job?

What did you like about that job?

(Take a few minutes and reflect on that experience. In the example I use in the book, I thought about a quartet I played with in college. I wrote, "Even writing this page right now, I am smiling. Thinking about getting to play music and hang out with George, Ken, Dennis, and sometimes Mike or Lynn makes me happy.")

What connections do you see between that ideal job and the big project you are about to begin? It is likely that in the list you just created, there are keys to what can help you build support for change and other projects. By the way, even if you are in the middle of a project, you can still do this activity.

While you are doing your job, ask yourself, Does this meeting or this work fit my own criteria for what I find satisfying? That kind of quick reflection can serve you well as you begin to apply the ideas in this book.

Ask yourself, What made this particular meeting, etc., so satisfying—or so mind-numbingly awful?

A final thought. Just focus on yourself. Be selfish for now. This activity can help you build a strong foundation for engaging others. In later Application Activities I will invite you to step into the shoes of others as you identify ways to blend support into your plans and actions.

This is one of nine Application Activities included in my book, *Seizing Moments of Possibility: Ways to Trigger Energy and Forward Momentum on Your Ideas and Plans*. You can get a free copy of the full e-book version from my website: www.rickmaurer.com