

181: How To Future-Proof Your Career

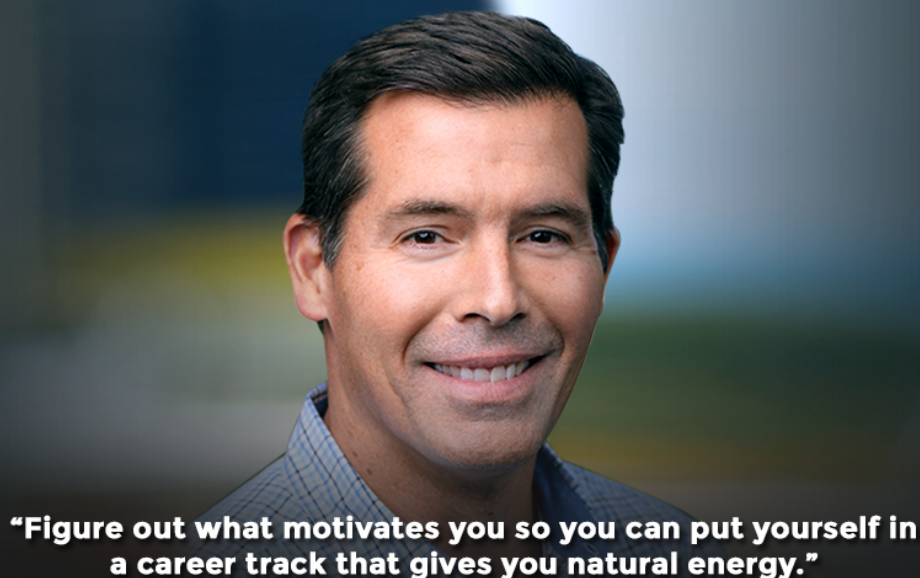
10 Point Checklist

Carter Cast

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Figure out what motivates you so you can put yourself in a career track that gives you natural energy.”

CARTER CAST

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Manage stress and overwhelm by having a deeper understanding of myself and identifying my strengths and weaknesses clearly.
- Figure out what motivates me as this will eventually lead me to a career path where I'm naturally good at.
- Try to better understand my motives by doing the Hay Group Picture Story Exercise or through the 40 questions that I can ask myself from Carter's book.
- Have a deeper awareness of my strengths through different tools and assessments available like StrengthsFinder book and assessment, VIA Character Strengths Test, and Now, Discover Your Strengths.
- Do what it takes to ensure that the company I work for or the people I hire have core strengths and values that are also aligned to mine.
- Do not rush the hiring process. Spend time on the interview to better understand a person's motives and why they want the job.
- Draft questions for an interview from the job specifications. Ask smart questions and look for someone that possesses honesty, learning agility and curiosity.
- Utilize the Demartini Value Determination Exercise. It's a free assessment that describes what's most important in terms of people's values, which is a beneficial tool when hiring people.
- Be agile and constantly look for opportunities where I can grow my knowledge and uplevel my skills.
- Make sure to grab a copy of Carter's book *The Right and Wrong Stuff: How Brilliant Careers Are Made and Unmade* and be informed with the painful and liberating truths on what it takes to build a thriving career long term.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/how-to-future-proof-your-career-with-carter-cast>