

‘Mixing Your Own Career’ Workbook

A short reflection exercise for hospitality professionals

SECTION 1: What are your ingredients?

A multidimensional career starts with noticing what you already bring to the table.

1. Skills

What are you good at?

2. Curiosity

What do you want to learn?

3. Creativity

What gives you energy?

4. Ambition

Where do you want to go?

5. Values

What matters to you?

6. People

Who do you want around you?

7. Opportunities

What doors are already open, or easy to open?

SECTION 2: Check in with your 3 P's

Aim to always have two P's. Three P's for perfection.

8. Pay

What do you need financially?

Income, stability, freedom, growth.

9. Prestige

What kind of recognition matters to you?

Influence, opportunities, impact.

10. Pleasure

What makes work worth doing?

Joy, creativity, meaning, energy.

SECTION 3: What's the missing ingredient?

11. Which P is strongest in you career right now? And which on needs more attention?

12. Imagine your career as a cocktail. What is the one ingredient that would make the recipe feel more like yours?

13. What is one small, concrete action you can take in the next 30 days to move towards that missing ingredient?

SECTION 4: One important thing to remember

Just like a cocktail, nothing is set in stone. You can change the recipe as you go. You can add ingredients or leave some out. And you can make something nobody else would have thought to mix!