

# WORKING LIFE APPRECIATION AND GRATITUDE

## 1. What do you value in your work?

Write down things, details, and broader aspects that you are satisfied with in your current or previous work, internship, summer job, projects, or work-related studies.

These things can be small; for example, nice colleagues, an inspiring workspace, equipment, or bigger; for example, the possibility to influence your own tasks or develop your professional skills. You can also write down things that affect your wellbeing in your private life, such as flexible working hours, the possibility to work remotely, balancing work/studies and free time, support services, or different employee benefits.

**Write down 3–5 things:**

1. I value...
- 2.
- 3.
- 4.
- 5.

## 2. What are you grateful for in relation to your work?

Describe what things make you especially grateful about your work, studies, internship, projects, work placements, or work-related learning.

You can mention, for example:

- The chance to learn new things, develop your skills, and meet new people
- The possibility of finding your own field or way of working
- Support from teachers or supervisors, receiving feedback
- A safe environment to try new things and make mistakes
- Contacts for your future career
- An encouraging atmosphere at work or experiences that are important to you

**Write down 3–5 things:**

1. I am grateful that...
- 2.
- 3.
- 4.
- 5.

**Additional question:**

How could you strengthen these experiences of appreciation and gratitude in your everyday life and working life in the future?



Read more in the Metropolia Career Guide behind the QR code