

My skills are valuable

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I stay relevant and adapt to change. My skill set prepares me for success.

I have skills that employers are looking for. I am a high performer who can contribute to many organizations in different ways. **I can deal with any job insecurity and advance my career.**

I communicate effectively. I speak clearly and respectfully. I listen closely to what my boss and coworkers have to say. I share constructive feedback. I discuss sensitive subjects face to face. I think about the purpose behind my communications.

I demonstrate team spirit and leadership. I collaborate with others and celebrate group victories. I provide a positive role model.

I take initiative. I go beyond my job description.

I stay calm under pressure, develop solutions, and persevere through obstacles. I identify challenges and evaluate my options. I adjust my plans so I can stay on track through budget cuts or network

crashes. I use setbacks as opportunities to grow.

I master technology and continue learning. I take online courses. I attend conferences and training events. I join professional associations and subscribe to industry publications. I acquire knowledge and skills that help me to reach my goals.

Today, I take charge of my career path even in uncertain times. I strengthen my skills and keep them up to date.

Self-Reflection Questions:

1. What is one new skill I want to develop?
2. How can my hobbies help me to strengthen my job skills?
3. How can I pursue opportunities for growth in my current job?