

## Are You Contemplating a Career Change?



Are you contemplating a career change? If so, are you clear on the change you want to make? Many clients want support in getting clear on what they want to pursue next and figuring out their next steps to make the transition happen. Spend some time with these questions, being open to your honest answers (be mindful of and push aside the “shoulds” and the “but I can’t” thoughts). Then, work on the job reflection exercise below.

- How will you feel a year from now if you haven’t made a change?
- How do you typically make decisions? Can you apply that process here? Why or why not?
- Is your work (& employer) in alignment with your visions, values, strengths, and interests? If not, are you open to explore where/what might be a better fit?
- What fears are keeping you stuck and in pain? Are you willing to manage those fears instead of letting them manage you?

### Job Reflection Exercise

Create a Loved/Was Challenging/Was Missing list of things about your previous jobs (not just your current or most recent role). Keep job, supervisor, and office culture in mind as you complete the grid. Think of this as a living document that you can keep coming back to edit, not a one-time exercise.

Here's a sample to help you get started:

Loved/Was Energizing	Was Challenging/Depleting	Was Missing
Salary of \$60k	Lack of stability	Feedback from supervisor
Being creative every day	Tracking expenses	Needed bigger team to meet expectations