

Questioning My Career Direction



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in Life & Career

Which one of these do you want in your work, or is it a mix?

A Job

Typically done from 9 to 5 for pay

A Career

A system of advancements and promotions over time with rewards

A Calling

Something you feel compelled to do regardless of fame and fortune.
Work that provides a strong sense of satisfaction.

Current Career Thoughts

Honestly acknowledge everything right now about your current career, including what:

- Annoys you
- Frustrates you
- Angers you
- Makes you happy

What would you like more of in your current work?

Other Questions

- When are you at your very best?
- What are you doing when you lose track of time or feel in the zone?
- What comes naturally to you?
- What are others always asking you to do because it's just assumed you do it best?

Imagine

- If a writer was researching a biography on you, what would you want to be included as your achievements?
- As a child, what did you always imagine you were going to be when you grew up?
- If you didn't care what people thought of you and were guaranteed to succeed, what would you do?

Beliefs



List 3 things you believe about your **ability**:

- 1.
- 2.
- 3.



List 3 things you believe about your **future**:

- 1.
- 2.
- 3.

Are these beliefs helpful or impeding?

Barriers

Is there something getting in your way of making a decision?
Something tangible, or is it negative mind talk?

What could you do next?

And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. - Anais Nin