

Career or Job Change?

Whether you're looking for new challenges or more job security, wanting to change careers is quite common in today's marketplace. This three part exercise will help you determine if you're looking for a complete career change or you'd need a new role within the profession/career you're currently in.

To get started, check the following boxes that match your reasons for changing your work/career.

- | | |
|---|--|
| <input type="checkbox"/> I want to be able to earn more. | <input type="checkbox"/> My current work is boring |
| <input type="checkbox"/> I want a better work/life balance. | <input type="checkbox"/> I don't really like my work. |
| <input type="checkbox"/> My current work is not challenging. | <input type="checkbox"/> My superiors are not doing a good job. |
| <input type="checkbox"/> I feel like I'm not recognized enough for my contributions. | <input type="checkbox"/> I want more flexible hours. |
| <input type="checkbox"/> My current job does not offer me enough stability/security. | <input type="checkbox"/> I feel like my work does not have impact. |
| <input type="checkbox"/> I don't get along with my colleagues. | <input type="checkbox"/> I don't agree with the management style at my current workplace. |
| <input type="checkbox"/> I feel burned out. | <input type="checkbox"/> I need more vacations. |
| <input type="checkbox"/> My bosses don't respect boundaries. | <input type="checkbox"/> My work is having a negative impact on my health and mental well being. |
| <input type="checkbox"/> I'm not proud of my work. | <input type="checkbox"/> I don't agree with the management style at my current workplace. |
| <input type="checkbox"/> My job feels like a dead end and I feel like I'm stuck in a place. | <input type="checkbox"/> I feel like there are better opportunities available out there. |

If you have some other reason why you're considering to change your job/career, write it here:

Career or Job Change?

In this section you will rank your top three reasons you would want to change your work/career and reflect on each one to get more clarity.

01 Reason:

01. Why is this important to you? How would your life be different if this was not a problem?

02. What changes can you make in your current role (and personal life) to overcome these problems?

02 Reason:

01. Why is this important to you? How would your life be different if this was not a problem?

02. What changes can you make in your current role (and personal life) to overcome these problems?

03 Reason:

01. Why is this important to you? How would your life be different if this was not a problem?

02. What changes can you make in your current role (and personal life) to overcome these problems?

Career or Job Change?

Use this last section to reflect on your previous answers and reason for wanting change. These questions will help you determine what kind of changes you would need to make to get closer to your goals.

01 If starting tomorrow, you could not work in your current field, how would you feel about it?

02 Why did you get started in your current career in the first place? Were you excited at first? (if not, then that's a sign that you ended up in your career by accident)

03 What steps can you take right now to start moving closer to your desired outcomes? (would you need to move? re-skill? start doing research? etc.)

04 What's your most important takeaway from this exercise?