

### A Quick Reflection Workbook for Professionals in Transition

Whether you're considering a new role, facing burnout, or simply feeling stuck, these five questions will help you assess where you are and what matters most in your next career move.

## Question 1: What do you want more of in your work life?

Think about what energizes you: Is it collaboration? Flexibility? Leadership opportunities? Creativity?

Prompt: Describe a day at work when you felt most fulfilled. What were you doing?

# Question 2: What are you tolerating or just putting up with?

Identify the parts of your job or environment that you've grown to accept—but that don't really serve you.

Prompt: What would you gladly leave behind if you changed roles tomorrow?

# Question 3: What's one story you keep telling yourself about your career—and is it still true?

We often operate under outdated beliefs that limit us.

**Prompt:** Is there a belief (e.g., "I'm too old to switch fields" or "I have to stay until I retire") that might be holding you back?



#### Question 4: Where are you showing up out of obligation, not alignment?

Burnout often stems from doing what you feel you should do, not what you want to do.

Prompt: What task, role, or responsibility feels heavy—and why?

### Question 5: What's one bold move you've been avoiding?

This could be updating your resume, having a difficult conversation, or finally reaching out for support.

**Prompt:** What's one action you could take this week that would move you closer to the work-life you want?

## **❸** Next Step: Want help unpacking your answers?

Your reflections are the beginning. If you're ready to talk through your results, refine your goals, or explore your next move, let's connect.

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