

DISCOVER YOUR IDEAL CAREER

I often use this exercise with my clients to help them uncover their career change aspirations and address potential obstacles. This exercise provides quick insights into your self-awareness, abilities, and confidence, ultimately shaping your approach and mindset.

By completing this worksheet, you'll gain a deeper understanding of how you perceive risk and change, enabling you to approach your career decision-making more confidently. You might also discover new and innovative ideas to explore.

INSTRUCTIONS:

The key here is to focus on the word "IDEAL." Challenge yourself to think big and bold, putting aside any worries about what's realistic.

FILL IN THE SECTIONS BELOW WITH SHORT PHRASES OR BULLET POINTS:

In an ideal world, I'd like to...

What I would enjoy about it is...

Qualities I would bring to this role...

Skills I would love to use or learn...

REFLECTION

Take at least 30 minutes to think and reflect on this worksheet. The answers might come to you during your reflection process, rather than immediately. You can revisit these questions during the week and update your thoughts. Keep asking yourself these questions:



How do you feel when you think about this ideal job?
What emotions does it evoke?

What has surprised you?

Which question was the most difficult to complete?

How did you feel when you first looked at this worksheet?

On a scale from 1 to 10, how safe do you think you played these answers? What would it take to be a 10?

How did you know these are the skills and qualities you want to bring to a new role?

What potential new ideas have come up? Where else could you be curious about?

What have you learned about yourself?