

Enjoy the journey, and celebrate the destination!

WHY ARE YOU FEELING STUCK IN YOUR CURRENT JOB?

WHAT ARE THE TOP FIVE VALUES THAT ARE MOST IMPORTANT TO YOU IN LIFE AND WORK?

WHAT PERSONAL QUALITIES DO YOU ADMIRE MOST IN YOURSELF? HOW DO THESE QUALITIES SHOW UP IN YOUR PROFESSIONAL LIFE?

"Choose a job you love, and you will never have to work a day in your life." – Confucius

CAN YOU RECALL A TIME WHEN YOU FELT PROUD OF YOUR WORK? WHAT VALUES WERE YOU HONORING IN THAT MOMENT?

WHAT ACTIVITIES OR TASKS AT WORK MAKE YOU LOSE TRACK OF TIME BECAUSE YOU ENJOY THEM SO MUCH?

WHAT ASPECTS OF YOUR JOB CAUSE YOU STRESS OR DISSATISFACTION? WHY DO THEY AFFECT YOU THIS WAY?

"The future depends on what you do today." – Mahatma Gandhi

IF MONEY WERE NO OBJECT, WHAT KIND OF WORK WOULD YOU DO, AND WHY?

WHAT IS YOUR DREAM JOB? DESCRIBE A TYPICAL DAY IN THAT ROLE.

WHAT SKILLS OR EXPERIENCES DO YOU NEED TO ACQUIRE TO MOVE CLOSER TO YOUR DREAM JOB?

"The only way to do great work is to love what you do."— Steve Jobs

WHAT MOTIVATES YOU TO GET OUT OF BED AND GO TO WORK EACH DAY?

WHAT ARE YOUR SHORT-TERM AND LONG-TERM CAREER GOALS? HOW DO THEY ALIGN WITH YOUR VALUES AND INTERESTS?

HOW DO YOU MEASURE SUCCESS IN YOUR PROFESSIONAL LIFE? WHAT ACHIEVEMENTS WOULD MAKE YOU FEEL SUCCESSFUL?

"Opportunities don't happen, you create them." – Chris Grosser

WHAT STEPS CAN YOU TAKE IN THE NEXT FEW MONTHS TO MOVE CLOSER TO YOUR IDEAL CAREER/JOB?

DESCRIBE THE IDEAL WORK ENVIRONMENT FOR YOU. WHAT KIND OF COMPANY CULTURE AND TEAM DYNAMICS MAKE YOU THRIVE?

HOW DOES YOUR CURRENT WORK ENVIRONMENT COMPARE TO THIS IDEAL? WHAT CHANGES WOULD IMPROVE IT FOR YOU?

"The best way to predict the future is to create it." – Peter Drucker

HOW CAN YOU CONTRIBUTE TO HAPPIER WORK ENVIRONMENT?

WHAT TYPE OF LEADERSHIP STYLE DO YOU RESPOND BEST TO, AND HOW DOES IT IMPACT YOUR PERFORMANCE AND SATISFACTION?

WHAT NEW SKILLS OR KNOWLEDGE WOULD YOU LIKE TO DEVELOP?

"You are never too old to set another goal or to dream a new dream." – C.S. Lewis

**HOW DO YOU TYPICALLY HANDLE CHALLENGES OR SETBACKS AT WORK?
WHAT HAVE YOU LEARNED FROM PAST EXPERIENCES?**

**IN WHAT WAYS DO YOU WANT TO GROW PERSONALLY AND
PROFESSIONALLY IN THE NEXT FIVE YEARS?**

**WHO ARE YOUR ROLE MODELS OR MENTORS, AND WHAT HAVE YOU
LEARNED FROM THEM ABOUT CAREER AND PERSONAL DEVELOPMENT?**

"Believe you can and you're halfway there."— Theodore Roosevelt

HAVE YOU CONSISTENTLY GIVEN YOUR BEST EFFORT AT WORK, OR HAVE YOU FOUND YOURSELF HOLDING BACK? WHY?

CAN YOU HONESTLY SAY THAT YOU ARE THE HARDEST-WORKING PERSON IN YOUR TEAM? WHY OR WHY NOT?

HOW OFTEN DO YOU GO ABOVE AND BEYOND YOUR JOB RESPONSIBILITIES TO IMPROVE YOUR SKILLS OR CONTRIBUTE TO YOUR ORGANIZATION?

"It's not the years in your life that count. It's the life in your years." – Abraham Lincoln

HOW HAVE YOU PROACTIVELY SOUGHT OUT OPPORTUNITIES FOR GROWTH AND ADVANCEMENT IN YOUR CURRENT ROLE?

WHAT IS ONE MAJOR PROFESSIONAL RISK YOU HAVE TAKEN IN THE PAST YEAR? WHAT WAS THE OUTCOME?

WHAT WAS THE LAST PROFESSIONAL DEVELOPMENT COURSE OR WORKSHOP YOU ATTENDED? HOW HAS IT IMPACTED YOUR WORK?

"You don't have to be great to start, but you have to start to be great." – Zig Ziglar

BRAINSTORM SOME SUBJECTS YOU WANT TO EXPLORE.

HAVE YOU SOUGHT FEEDBACK FROM COLLEAGUES OR MENTORS TO IMPROVE YOUR PERFORMANCE? WHAT DID YOU LEARN, AND HOW DID YOU APPLY IT?

IN WHAT WAYS HAVE YOU STEPPED OUT OF YOUR COMFORT ZONE TO CHALLENGE YOURSELF PROFESSIONALLY?

"Act as if what you do makes a difference. It does."— William James

HAVE YOU SET MEASURABLE AND REALISTIC MILESTONES FOR YOUR CAREER PROGRESSION? HOW ARE YOU TRACKING YOUR PROGRESS?

HOW OFTEN DO YOU REASSESS AND ADJUST YOUR CAREER GOALS BASED ON YOUR PROGRESS AND CHANGING INTERESTS?

DO YOU OFTEN WAIT FOR YOUR BOSS TO DIRECT YOUR PROFESSIONAL DEVELOPMENT, OR DO YOU TAKE THE INITIATIVE YOURSELF?

"It always seems impossible until it's done." – Nelson Mandela

HOW HAVE YOU TAKEN OWNERSHIP OF YOUR MISTAKES AND USED THEM AS LEARNING OPPORTUNITIES?

CAN YOU IDENTIFY INSTANCES WHERE YOU HAVE ADVOCATED FOR YOURSELF, SUCH AS REQUESTING A RAISE, PROMOTION, OR ADDITIONAL RESPONSIBILITIES?

WHAT STEPS HAVE YOU TAKEN TO BUILD STRONG, POSITIVE RELATIONSHIPS WITH COLLEAGUES, MENTORS, AND INDUSTRY LEADERS?

"Dreams are extremely important. You can't do it unless you imagine it." – George Lucas

BRAINSTORM YOUR OPPORTUNITIES (WORK/NON WORK RELATED)

IN WHAT WAYS HAVE YOU CONTRIBUTED TO THE SUCCESS AND DEVELOPMENT OF YOUR PEERS OR TEAM MEMBERS?

HOW DO YOU HANDLE SETBACKS AND CHALLENGES AT WORK? DO YOU SEE THEM AS OPPORTUNITIES TO GROW, OR DO THEY DISCOURAGE YOU?

"Success is how high you bounce when you hit bottom." – George S. Patton

WHAT ARE YOU SCARED OF? WHAT IS THE WORST THAT CAN HAPPEN?

ARE YOU MORE FOCUSED ON THE OBSTACLES IN YOUR PATH OR THE SOLUTIONS AND OPPORTUNITIES? HOW DOES THIS MINDSET AFFECT YOUR CAREER?

HOW DO YOU MAINTAIN MOTIVATION AND ENTHUSIASM FOR YOUR WORK, ESPECIALLY DURING TOUGH TIMES?

"You are braver than you believe, stronger than you seem, and smarter than you think." – A.A. Milne

WHAT IS YOUR ATTITUDE TOWARDS CHANGE AND INNOVATION IN YOUR INDUSTRY? HOW HAVE YOU EMBRACED OR RESISTED IT?

**AUTHORS THOUGHTS: BE TRUE TO YOURSELF, NO ONE IS PERFECT!
ONE STEP AT THE TIME, MAKE A PLAN AND REVIEW IT REGULARLY.
DO NOT LET ANY ONE SAVE YOU, SAVE YOURSELF!**

AFTER YOU HAVE DONE THIS EXERCISE, HOW ARE YOU FEELING?
