



Is it Time to Make a Career Change?

Discover What is Truly Important to Your Career

Empower Yourself to Make Change

RECLAIM YOUR POWER

We all have feelings about our job – it's where most of us spend our adult years and the bulk of our waking hours. These feelings change over time and can be anywhere between enjoyment to complete misery.

People who enjoy their work are usually good at making a distinction between themselves and the RESULTS of their work. This brings the perspective that allows for enjoyment of work independent of circumstances. If you don't maintain this distinction, your enjoyment will always be dependent on whether or not things are going 'well' at work.

In order to make changes in your career, it helps to understand what you enjoy, and what you don't, in your current work. Then you can determine whether to take action on alternative careers.



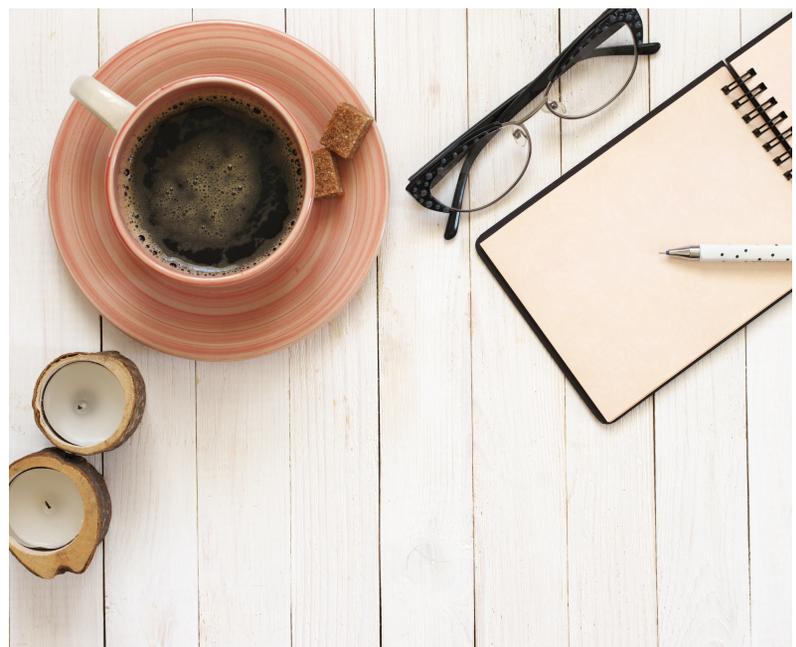
QUESTION ONE

What percentage of your time at work are you feeling:

ENJOYMENT _____%
CONTENT _____%
MISERY _____%
TOTAL 100 %

In particular, this exercise is useful for people who feel unhappy, powerless, or disillusioned at work, and also looking for work because they are dissatisfied with their current role.

By completing this exercise you will develop awareness about the causes of your "unhappiness" at work. Complete the action plan and find ways to empower yourself in your existing situation. Use this tool to help yourself take your next career steps from a place of strength - instead of from helplessness or desperation.



The purpose of this exercise is to help you identify 3 actions you can take to either empower yourself in your current working situation or make the decision to find a new job.

NOTE: It's important to be honest with yourself as awareness is a powerful tool for change. If you deny the truth of a situation, you also deny yourself the opportunity to make meaningful changes.

Describe how you feel about your current work situation.

What/who contributes to your unhappiness at work?

What factors determine your continued job satisfaction?

The purpose of this exercise is to help you identify 3 actions you can take to either empower yourself in your current working situation or make the decision to find a new job.

NOTE: It's important to be honest with yourself as awareness is a powerful tool for change. If you deny the truth of a situation, you also deny yourself the opportunity to make meaningful changes.

What do you believe about your boss, colleagues and company that impacts how you feel at work?

What is stopping your from looking for a new job?

What lessons have you learned from your current job that you will take your next job?

WHAT STEPS DO YOU NEED TO TAKE THIS WEEK TO FEEL BETTER ABOUT YOUR CURRENT JOB OR FIND A NEW JOB?

COPY ACTION PLAN ITEMS ONTO THIS PAGE AND STICK THIS ANY PLACE WHERE YOU WILL SEE IT OFTEN.

1st Action Step

[Blank area for writing the 1st Action Step]

By When _____

2nd Action Step

[Blank area for writing the 2nd Action Step]

By When _____

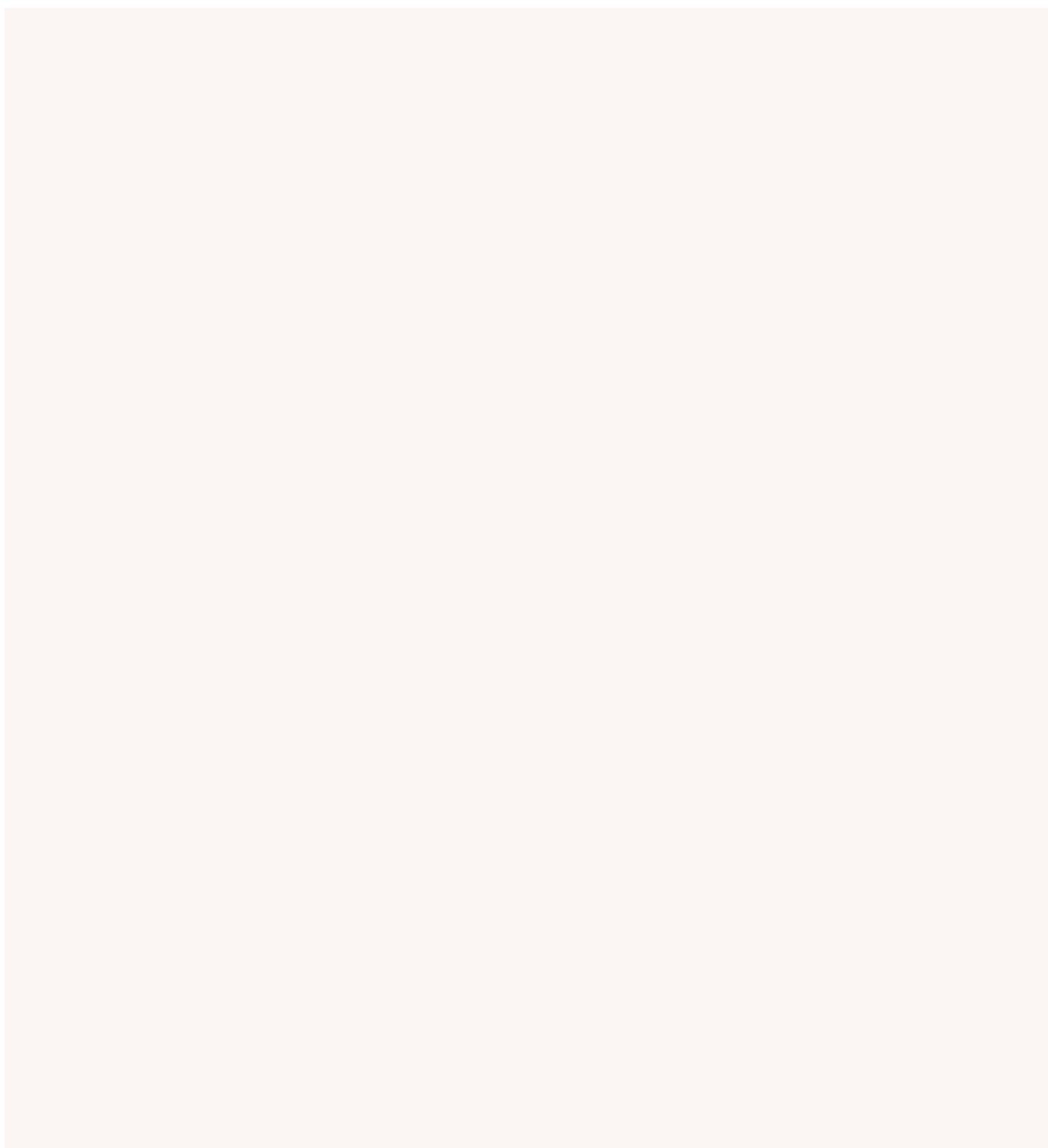
3rd Action Step

[Blank area for writing the 3rd Action Step]

By When _____

Reflection Page

Reflect on what themes or patterns you noticed when thinking about your job. What do you 'secretly' want to do at work? Where might you have more power than you realize? Is it time to move on to a new job?





Thank You!

I hope you found this exercise helpful for deciding on your next career move. I'd love to hear about it! Share with me your action plan via the contact details below.

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