



Career Clarity Worksheet

This worksheet is designed to help you gain clarity and confidence during a career transition. Take 20 minutes to complete this exercise in a quiet, comfortable place. Don't overthink it—just let your answers flow. Then, use the rest of your work week to “spy on yourself.” Observe what drains your energy and what sparks it. Notice when you feel most like yourself.

Reflect on your career goals, your personal values, and the direction that feels right for this season of your life. This is for you. Be honest. Be curious. Be kind to yourself.

Self-Reflection

- What parts of your work do you currently enjoy the most? In other words, your **LOVE IT** list:

- What drains your energy during a typical workweek? In other words, your **LOATHE IT** list:

- What are you doing when you feel most alive or "in the flow"?

- What are your top 3 personal values? How are they reflected (or not) in your current work?

- What do your friends or colleagues always ask you for help with?

Practical Considerations

- What salary range do you need to support your desired lifestyle?
- Are you tied to a specific geography or open to relocating?
- What benefits or job perks matter most to you?
- What does success look like to you in this next chapter?

Next Steps

- Based on your answers above, what's one small step you can take this week?
- Who can you talk to for support or inspiration?
- What professional development opportunities (webinars, networking, mentoring) could you explore?
- Would working with a career coach help bring clarity or accountability?

Remember: This is a journey. Give yourself permission to grow, explore, and refine your direction as you go.

Christine Carter is a career consultant offering career transition services as well as the author of [Restart Strong – A Career Transition Guide](#). For a free career coaching session to determine if coaching is right for you, email chris@startstartlife.com