



Are you ready to make
a career change?

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If you're thinking about a career change, you may not have fully made up your mind about taking the leap or what you'd like to do next. If that's the case, consider your answers to these questions.

Be honest with yourself as this is an exercise for your eyes only. Take all the time you need, re-visit your answers as more thoughts occur to you and jot down notes if you like; this could become an important document you refer back to.

Step 1: Answer the following questions.

Aside from money, what do you want from your job? Are those things different to your minimum needs from a job? If so, create separate lists.

Think about a typical week at work. What percentage of that week do you spend feeling positive about your job, work environment, colleagues and responsibilities?

What things do you like most about your current job? Even if you hate your job and are struggling to come up with anything at all, keep thinking. Don't fret if the reasons sound trivial – make a note of them anyway.

What were the reasons behind you applying for the job you're in now? Are they still important drivers for you? To what extent are those reasons being fulfilled in your current job?

How are things going in your life outside of work? What aspects of your non working life could be contributing to your overall happiness or unhappiness? Examples might include hobbies, spirituality, relationships and travel.

When you're not working, what things do you enjoy doing? Think about what occupies your evenings and weekends, the things you talk about with friends and what you do with extended time off from work.

What do you long to do in your job which you're not already doing?

How much time do you spend each week scrolling through job boards hoping that your dream job (even if you don't know what that is yet) will appear in front of you?

When you get into 'the flow' and are so focused that you lose all track of time and your surroundings, what is it that you're doing?

When you meet someone new and they inevitably ask "What do you do?", how does that question make you feel?

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Step 2: Gain clarity from your results.

Look over your answers and assess whether each one falls into the Positive or Room for Improvement ends of the spectrum. Tally up the responses in each category so that you can clearly see the totals.

If your answers were mostly positive, a career change may not be what you need. Perhaps working in a different role internally, growing in your current position or moving to another company will satisfy the reasons that prompted you to answer these questions in the first place. Most people are attracted to or need change within their career, but that shift doesn't have to be a dramatic one.

However, if you have more answers in the Room for Improvement category, a career change could be the right solution for you. And if you're not sure where to start with making a career change, or would appreciate support from an unbiased professional, career coaching is an excellent source of help.

Step 3: See how coaching could help you move forwards.

To find out more about coaching and how it can help you on your career journey, arrange your free of charge, 30-minute discovery call now. Visit [morefrommycareer.com](https://www.morefrommycareer.com) and fill in the contact form.
