



What's next for you?

If you're thinking about switching careers, there are countless possibilities. The world is your oyster, right? But how will you decide?

These exercises and worksheets can help you zoom in on your top options.

Parental Lessons

What are some positive lessons you learned about work from your parents?

What are some negative lessons you learned about work from your parents?

5 Ways to Tell You're Ready for a Career Change (circle all that apply)

1. Lack of enjoyment/inspiration
2. No work-life harmony
3. Not enough money/stability
4. No growth opportunities
5. Want to pursue a passion

Reframing Your "Why"

Using the items you circled above, fill in the following statement to describe what you want in a career.

I am at the point in my life where I _____

Example: I am at the point in my life where I want to spend more time with my family and make an impact on the world.



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Skills

What are some of your core skills?

Blind Writing

Answer the following question while writing below **with your eyes closed**.

What lights you up?



Pie

What kinds of things are as easy as pie for you to do?

Cake

What would make work extra great and be the icing on the cake in your new job or career?

Parfait

Using the following elements of a potential job or career, build your Career Parfait.

- Purpose
- Connection
- Recognition
- Schedule
- Growth
- New skills
- Challenge
- Enjoyment
- Compensation
- Location
- Structure
- Control
- Ownership
- Creativity
- Impact



Nice to Have
Nice to Have
Medium Priority
Medium Priority
High Priority
High Priority
Foundational



The Gap & the Gain Reframe

Write a gap-based fear or concern you have about your career.

Now reframe it as a gain-focused statement.

Self Talk Reframe

Write what your ego is telling you to protect you from risk.

Now write your response.

Thank you for coming to this workshop and I wish you the best of luck in your journey! Please reach out to me if I can be of help: jill@aviatra.org.

