

## CAREER CHANGE REFLECTIONS

This exercise enables you to explore your feelings and think through major changes around your work. Sometimes completing the sentences triggers strong feelings, and sometimes not. This exercise is meant as a springboard for you to think through decisions you are considering, and potentially identify key obstacles. \*If possible, discuss the results of the exercise with someone you trust. These questions and answers will be very pertinent to your work with a career coach.

### PART I

*Directions:* Complete each sentence. The spontaneous response is often the most appropriate.

1. I started to think about changing my career when

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2. The biggest challenge I face is

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3. I intend to

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4. I would find it hard to accept losing

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5. I certainly won't miss

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6. My family's reaction to my views about my work are

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7. Other people's reactions have been

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8. If I feel anxiety about this process, I will

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9. Looking back, my life recently has been

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10. When I first started work

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11. I never thought I'd

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12. My greatest regret around my career is

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13. I have always wanted to

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14. The most important thing(s) for me to focus on over the next six months is(are):

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15. The best thing about the next five years will be

16. In ten years time, I

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17. Change always

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18. I need to find out

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## **PART II**

*Directions:* You probably found some of the sentences easier to complete than others. The process of change is complex and can be difficult. You will need courage, persistence and faith in yourself.

1. What stands out to you in your answers, if anything?
2. What obstacles might be either obvious or not-so-obvious that you will need to talk through with your coach?
3. Let your thoughts “digest” for a few days, and review the questions again. Consider any new thinking you have and what insights it may offer you.