

10 Questions to Unlock Career Confidence

Feeling stuck or second-guessing your career choices?

These 10 questions will help you pause, reflect and recognise your strengths and achievements.

By working through them, you can gain clarity on what drives you, identify where your confidence comes from and start making career decisions from a place of self-trust rather than uncertainty

1. What are you most proud of in your career?	
	2. Which tasks make you feel energised and capable?
3. What personal strengths help you overcome setbacks?	
	4. What positive feedback do you hear most often?
5. Which of your skills do you underestimate?	
	6. What fears hold you back from opportunities?
7. If self-doubt disappeared, what would you do next?	
	8. How do your values show up in your work?
9. What does personal success look like for you?	
	10. What's one small step you can take this week to boost confidence?

