

The Human Behind the Job Search

A Reflection Exercise

A gentle, grounding exercise for reconnecting with yourself while navigating the uncertainty of the job search.

You're not alone.

Who am I outside of my career? Let the roles, identities, values and part of you that exist beyond work speak here. Consider what qualities define you, what and who you care about, and which parts of you get overlooked when you are stressed about work.

What areas of my life need tending during this transition? Could it be your emotional or physical well-being, relationships, routine and structure, a sense of meaning?

What is this job search really about for me? Ask yourself what you are really looking for. Alignment? Stability and security? A fresh start? A paycheck? A sense of identity or purpose?

Is it time for a career pivot? Think about what parts of your current or past work feel unsustainable and what sparks curiosity or relief when you imagine doing something different. Pay attention to what fears arise when you consider pivoting.

Am I applying for any job just to pay the bills? There is no shame here. Survival is a valid reason. But planning your move strategically can set you up for what you actually want to pursue in the future.

What do I need most right now to stay grounded? Choose one: clarity, emotional support, structure, rest, encouragement, validation, a plan, space. Ask yourself how you can offer yourself that today.

You are not just a job seeker. You are a whole human navigating change. Your identity is bigger, wiser, and deeper than your resume.

If you feel like you could use some support as you walk this path, I would love to connect to discuss how coaching might be a good fit for you. No pressure, no sales tactics, no fluff. Just two people connecting on a real, human level.

This worksheet was created by The Bold Unmotivator Coaching for personal reflection only and is not a substitute for coaching, counseling, or mental health care.