Career Balance Sheet

Purpose: Assess and align your career satisfaction and growth areas.

Career Categories:

* Job Role Satisfaction
* Career Growth & Development
* Work Relationships
* Work-Life Integration
* Health & Energy
* Financial Security
* Personal Relationships
* Passion Projects / Hobbies

Instructions:

* Rate each category on a scale from 1 (very dissatisfied) to 10 (very satisfied).
* Identify which categories need immediate focus.
* Develop 1-2 action steps to improve your lowest-rated areas.

Career Balance Rating Table:

|  |  |  |
| --- | --- | --- |
| **Career Area** | **Rating (1-10)** | **Notes/Action Steps** |
| Job Role Satisfaction |  |  |
| Career Growth & Development |  |  |
| Work Relationships |  |  |
| Work-Life Integration |  |  |
| Health & Energy |  |  |
| Financial Security |  |  |
| Personal Relationships |  |  |
| Passion Projects / Hobbies |  |  |