



# CAREER CLARITY WORKSHEET

## Exploring the Reasons for Change

### Step 1: Explore Your Motivations

Take a moment to reflect on why you're considering a career change. Check all the statements below that resonate with you. Add any personal reasons in the space provided.

#### Common Reasons for Considering a Career Change:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> My work is boring</li><li><input type="checkbox"/> My job makes me feel stressed</li><li><input type="checkbox"/> I dread going to work</li><li><input type="checkbox"/> I don't feel like my work makes an impact</li><li><input type="checkbox"/> I don't have a good work/life balance</li><li><input type="checkbox"/> I don't enjoy my work</li><li><input type="checkbox"/> I don't like the hours</li><li><input type="checkbox"/> My salary does not make up for my dissatisfaction</li><li><input type="checkbox"/> I don't like the people I work with</li><li><input type="checkbox"/> I disagree with a lot of my manager's choices</li><li><input type="checkbox"/> I want a shorter commute time</li><li><input type="checkbox"/> I want more earning potential</li><li><input type="checkbox"/> I have talents that aren't being used</li><li><input type="checkbox"/> Company dynamics have changed</li><li><input type="checkbox"/> Unsatisfactory leadership</li><li><input type="checkbox"/> I want to work fewer hours</li><li><input type="checkbox"/> I want more flexibility</li><li><input type="checkbox"/> I am expected to do more than my job entails</li><li><input type="checkbox"/> I don't have job security</li><li><input type="checkbox"/> I don't feel respected or valued</li><li><input type="checkbox"/> I need new challenges</li><li><input type="checkbox"/> My passions lie in a different area</li><li><input type="checkbox"/> My career no longer fits my circumstances</li><li><input type="checkbox"/> I want to learn new things</li><li><input type="checkbox"/> I have no opportunity for advancement</li><li><input type="checkbox"/> The reasons I took this job are no longer relevant</li><li><input type="checkbox"/> I am expected to work late</li><li><input type="checkbox"/> I want my work to be more meaningful</li><li><input type="checkbox"/> I only stay here for the money</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> I've lost my confidence</li><li><input type="checkbox"/> I hate the thought of being in the same job in 5 years</li><li><input type="checkbox"/> This job is impacting my mental health</li><li><input type="checkbox"/> The work I do isn't important to me</li><li><input type="checkbox"/> This job is impacting my physical health</li><li><input type="checkbox"/> I want a job that excites me</li><li><input type="checkbox"/> I feel stagnant in this job</li><li><input type="checkbox"/> I feel worn out</li><li><input type="checkbox"/> I find myself complaining about my job a lot</li><li><input type="checkbox"/> I feel like I'm putting on an act at work and can't be myself</li><li><input type="checkbox"/> I don't like the company culture</li><li><input type="checkbox"/> I don't take pride in my work</li><li><input type="checkbox"/> I don't have time for my hobbies and interests</li><li><input type="checkbox"/> The negatives outweigh the positives</li><li><input type="checkbox"/> I want more job security</li><li><input type="checkbox"/> I dream of a different career</li><li><input type="checkbox"/> I no longer give this job 100%</li><li><input type="checkbox"/> I don't like my work environment</li><li><input type="checkbox"/> I don't like talking about my job with others</li><li><input type="checkbox"/> This job doesn't fit with my career goals</li><li><input type="checkbox"/> I'm often unhappy at work</li><li><input type="checkbox"/> Vacations don't help me feel recharged anymore</li><li><input type="checkbox"/> I've become complacent</li><li><input type="checkbox"/> I feel like there's something more out there for me</li><li><input type="checkbox"/> I want to try something different</li><li><input type="checkbox"/> I feel like I've done as much as I can in this role</li></ul> |
|---|--|

#### Other reasons (optional):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Allyson Carter**

COACH for GROWTH

© 2025 Allyson Carter | Coach for Growth.

✉ [allyson@letsgrowyou.com](mailto:allyson@letsgrowyou.com)

🌐 [www.letsgrowyou.com](http://www.letsgrowyou.com)

📷 [@letsgrowyou.com](https://www.instagram.com/letsgrowyou.com)

## Step 2: Narrow In on What Matters Most

From the reasons you checked, choose the three most important ones and list them below:

**Reason 1:** \_\_\_\_\_ **Reason 2:** \_\_\_\_\_

**Reason 3:** \_\_\_\_\_

## Step 3: Reflect on Your Top Reasons

**Reason 1:** \_\_\_\_\_

1. Why is this important to you?

---

2. How would you like this to be different?

---

3. What changes could you make to your current role to move closer to what you want?

---

4. What changes in life circumstances (e.g., new job, move, education) might help?

---

**Reason 2:** \_\_\_\_\_

1. Why is this important to you?

---

2. How would you like this to be different?

---

3. What changes could you make to your current role to move closer to what you want?

---

4. What changes in life circumstances (e.g., new job, move, education) might help?

---

**Reason 3:** \_\_\_\_\_

1. Why is this important to you?

---

2. How would you like this to be different?

---

3. What changes could you make to your current role to move closer to what you want?

---

4. What changes in life circumstances (e.g., new job, move, education) might help?

---

**Allyson Carter**

COACH for GROWTH

© 2025 Allyson Carter | Coach for Growth.

✉ [allyson@letsgrowyou.com](mailto:allyson@letsgrowyou.com)

🌐 [www.letsgrowyou.com](http://www.letsgrowyou.com)

📷 [@letsgrowyou.com](https://www.instagram.com/letsgrowyou)

## Step 4: One Action You Can Take

What is one action you can take now to help move closer to the work you want?

---

---

## Step 5: Final Reflections

- How was it to complete this worksheet?

---

- What insight felt most valuable?

---

- How will you apply what you learned moving forward?

---

- How has this helped you evaluate your career choices?

---