

Is it time to change jobs?



This is called a **guided thinking exercise**. It helps you to think about things that in a way that will help you to make decisions. Try these exercises to focus your long-term career plan.

- Write down ten of your favourite things to do . If you didn't do these, your life would feel empty. (Think about things like helping people, being outdoors, or playing music .) No job will be good for you unless you get to do your favourite activities at least weekly, and preferably, daily.



1	6
2	7
3	8
4	9
5	10

- Write down the top five goals you want to achieve in your job/s. (Think money, fame, being respected.) Your selected job should allow you to reach these goals.



1
2
3
4
5

- List everything you'd like to do in your lifetime. There are no limits to how many things you can include. (It might be taking a dream holiday, performing on stage, launching a campaign to help other people.) Your chosen job must allow you to achieve these dreams.



1
2
3
4
5
6
7

If you aren't doing the things you enjoy often enough in your job or if it won't help you reach your goals, it is time to think about finding a job that will.