

BUILD YOUR FUTURE WITH PURPOSE



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WHERE ARE YOU TODAY?

BEFORE THINKING ABOUT THE FUTURE, WE NEED TO UNDERSTAND YOUR CURRENT CAREER SATISFACTION.

SOMETIMES WE FEEL DISSATISFIED WITHOUT CLEARLY KNOWING WHY.
THIS FIRST EXERCISE HELPS IDENTIFY THE AREAS THAT MAY NEED ATTENTION.

Exercice 1

YOUR CAREER SATISFACTION MAP

Rate each area from 1 to 10

1 = very dissatisfied

10 = very satisfied

Career satisfaction

Learning opportunities

Work-life ⚖️ ⚖️

Meaning and purpose

Recognition

Growth opportunities

Financial satisfaction

Work environment

Reflection Questions

Which areas have the lowest score?

What might these scores be telling



WHAT REALLY MATTERS TO YOU

In career coaching, values are one of the strongest predictors of long-term satisfaction.

Values represent what truly matters to you in your work.

Examples include:

- autonomy
- **creativity**
- **impact**
- stability
- learning
- recognition
- freedom
- collaboration

In your current role, which values are fulfilled?

Which values are missing?

When your career aligns with your values, motivation becomes natural.

YOUR ENERGY MOMENTS

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THINK ABOUT MOMENTS IN YOUR CAREER WHEN YOU FELT:

- energized
- confident
- proud of your work

Write down:

What were you doing?

What strengths were you using?

YOUR IDEAL PROFESSIONAL LIFE

MANY PEOPLE KNOW WHAT THEY DON'T WANT.
BUT THEY RARELY DEFINE WHAT THEY ACTUALLY WANT.

This exercise helps you imagine your ideal work environment.

YOUR IDEAL WORK DAY

Imagine a professional day that feels aligned with you.

CAREER GUIDE

A FINAL REFLECTION

CAREER CLARITY IS RARELY A SINGLE DECISION.

IT IS A PROCESS OF LISTENING MORE CAREFULLY TO YOURSELF.

IF THIS GUIDE HELPED YOU REFLECT ON YOUR CAREER, YOU ARE ALREADY TAKING AN IMPORTANT STEP.

AND IF YOU FEEL THAT YOU WOULD LIKE DEEPER SUPPORT IN THIS PROCESS, COACHING CAN HELP YOU EXPLORE YOUR OPTIONS WITH CLARITY AND CONFIDENCE.

WORK WITH ME

IF YOU WOULD LIKE TO EXPLORE YOUR CAREER DIRECTION TOGETHER, YOU CAN BOOK A CAREER CLARITY SESSION.