

HOW TO FIGURE OUT YOUR NEXT CAREER MOVE
FREE WORKSHEET

01 – FIGURE OUT WHAT YOU WANT TO DO

START / STOP / CONTINUE

Think about your current and past roles and the type of work you've done. Jot down things you haven't yet done, but would like to do (START), things you've done and no longer want to do (STOP), and things you've done and would like to continue doing (CONTINUE)

START	STOP	CONTINUE

O2 – FIGURE OUT WHERE YOU WANT TO DO IT

3 MAJOR WORK CONSIDERATIONS

Happiness at work isn't just about the work itself – there are many other factors! Jot down some notes on what is important to you in a variety of categories below.

WORK ENVIRONMENT	Office culture	
	Physical environment	
	Company mission / vision / leadership	
TEAM	Boss	
	Co-workers	
REWARDS	Compensation	
	Benefits / Time Off / Other Perks	
	Work / Life Flexibility	

O3 – FIGURE OUT YOUR NON-NEGOTIABLES

Based on the first two exercises, consider which 3 things (whether they relate to the job itself or the work environment) are non-negotiable. Keep this list handy and review it each time you receive a job offer.

1.
2.
3.