

Self-Reflection Worksheet for Career Changers

1. Understanding Your Current Situation

- What prompted you to consider a career change?
- What aspects of your current job do you enjoy?
- What aspects of your current job do you dislike or find draining?
- What is your biggest frustration in your current role or industry?

2. Clarifying Your Core Values

- What are your top 5 personal and professional values?
- Which values are being met in your current job?
- Which values are being overlooked or compromised?

3. Identifying Your Strengths and Skills

- What are your top 3 strengths or talents?
- What skills do you excel at?
- What feedback have you consistently received from peers, mentors, or supervisors?

4. Recognizing Your Passions and Interests

- What activities make you lose track of time?
- What topics, industries, or roles excite you the most?
- What have you always wanted to do but felt hesitant to pursue?

5. Assessing Your Lifestyle and Goals

- What are your career goals for the next 1, 5, and 10 years?
- What type of work-life balance do you desire?
- What salary range or financial stability do you need to feel secure?
- How important is flexibility (e.g., remote work, freelance, or part-time roles)?

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6. Exploring New Career Options

- What industries or roles have you considered for your career change?
- What are the potential challenges in entering these fields?
- What additional skills, certifications, or experiences might you need?

7. Bridging the Gap

- What skills from your current career can be transferred to a new role?
- What skills do you need to develop further?
- Who can you network with to gain insights into the new field?

8. Overcoming Fears and Resistance

- What fears or doubts are holding you back from making a change?
- What is the worst-case scenario if the career change doesn't work out?
- What steps can you take to mitigate risks and plan for uncertainties?

9. Creating an Action Plan

- What are the first three steps you can take toward exploring a new career?
- What timeline will you set for yourself to achieve your goals?
- How will you measure your progress and success?

10. Reflecting on Your Why

- Why is this career change important to you?
- What does success in your new career look like?
- How will this career change impact your overall happiness and fulfillment?