

DOES YOUR CAREER NEED A REBOOT?

If you're feeling stuck or demotivated professionally, these journalling prompts will help you start your journey towards a happier and more empowered you!



ELEVATE
HER

1

DEFINE YOUR VERSION OF SUCCESS

When we're feeling stuck, disengaged or demotivated professionally, the temptation is to start making change, finding new opportunities or move roles - but there's power in the pause.

These questions are designed to help you think through some of the career foundations so that decisions are coming from a place of insight, power and connection. First, let's tackle your version of success.

Being clear on YOUR definition is so important. It becomes your north star for the choices that you make personally and professionally.

Because it's unique and deeply personal it supports you to create goals that work for you.

JOURNALLING PROMPTS:

- What three words spring to mind when I think about a successful life?

- How do I define success? Take your initial definition and challenge yourself to make it more vivid, add images, places and people.

- What images, thoughts or feelings do I experience when I think about my definition of success?

- Who are the people I most admire? What is it about them or their careers that attract me to them?

1

DEFINE YOUR VERSION OF SUCCESS

MY NOTES:

2

IDENTIFY WHAT'S IMPORTANT TO YOU

One definition of success or fulfilment is simply "living your values" – therefore in order to feel fulfilled in your career or professional life, it makes sense that you need to ensure that the work you do aligns with your values.

But more than that, it unlocks what drives and motivates you while at work and it helps clarify what you may want to avoid in the workplace. Cool right?

Once you become clear on your career values (whether you're looking at a new role, career change or just looking for ways to improve your current situation) you can make this change in an informed way. Knowing these values intimately will allow you to choose roles, careers and activities at work that support and enhance your values. And importantly avoid those that contradict them!

JOURNALLING PROMPTS:

- When I think about my best day at work – What was going on around me? What did I feel? How did I contribute? What were the people around me doing?

- What's important to me professionally? List out 10-15 values, priorities, behaviours

- What gets under my skin professionally? What do I dislike (behaviours, work tasks, situations, people)? What does this tell me about what's important to me? Are these things on my list above?

- How does this information help me think about my current role, situation, team, organisation?

2

IDENTIFY WHAT'S IMPORTANT TO YOU

MY NOTES:

Large empty rounded rectangular box for taking notes.

3

THINK ABOUT YOUR UNIQUE STRENGTHS

As a society we are often too focused on trying to fix our weaknesses, creating development plans and focusing on what we want to improve however, positive psychology way tells us that the opportunity for greatest improvement and growth isn't to turn around our weaknesses but by boosting our strengths.

What would be more enjoyable correcting your weaknesses or focusing on the things that make you feel good? aka your strengths!

JOURNALLING PROMPTS:

- What energises me when I'm at work?

- What depletes me?

- What do people ask for my help or advice with?

- When have my strengths supported me in a challenging situation?

- Where am I under or overplaying my strengths? What's the consequence of this?

- What opportunities are available to me this week/month to use my strengths more?

3

THINK ABOUT YOUR UNIQUE STRENGTHS

MY NOTES:

Over the past three exercises, you created a bank of clues, insights and thoughts - now's the time to take these thoughts to create a plan of action.

JOURNALLING PROMPTS:

- If time, fear or money wasn't an issue, what next step would I take?
- If you had complete freedom at work/in your professional life how would you spend your time?
- If you had complete freedom at work/in your professional life how would you act?
- What clues have I uncovered from my journalling?
- What actions do I want to take as a result of this?
- How do I feel about the next step identified above?
- Who do I know in my network who can help me?

4

CREATE YOUR CAREER PLAN

MY NOTES:



I'd encourage you to take these insights and use them for food for thought for your career goals.

If this feels overwhelming or you don't know where to start in pulling out the themes from these prompts, do get in touch. I can help!

[BOOK A CALL WITH NATALIE](#)

If you'd like to find out more about me and the work I do, check out my website

[MEET YOUR COACH](#)

I've also created a Career Clarity reading list containing the best reads to help you shape a career that works for you!

[ACCESS MY READING LIST](#)