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Career Thriving Reflection Template

📺 Want to see this template in action? [Watch this Loom video!](#)

Background:

Most people don’t know what they want in their careers.

They use money and advancement as proxy measures of success. But this leads to decisions that aren’t right for them over the long-term.

The Career Thriving model helps us build a career compass so that we can make better career decisions.

To build a career compass, create a vision in these five areas:

→ Finances

→ Relationships

→ Health

→ Impact

→ Fulfillment

You can read more about the Career Thriving model [here](#).

Instructions:

For each of the areas below, spend time thinking about the questions and then write your reflection in the space provided.



Come back a day or two later, review what you wrote, and make changes as needed.

This reflection works best when you revisit it periodically (e.g., quarterly) and update it to reflect your current thinking.

Finances

Questions to consider:

- How well is your job / career meeting your current expenses?
- How well is it providing savings for the future?
- What are you willing to give up financially to create more freedom in your career?

Capture your reflection:

 **What's current state?**

What would you like to be different 5 years from now?

What can you do over the next year to make progress?



Relationships

Questions to Consider:

- How strong is your professional network?
- Which coworker / boss relationships are positive and which are negative?
- In what ways does your work support or interfere with your relationships with family and friends?

Capture your reflection:

💡 What's current state?

What would you like to be different 5 years from now?



What can you do over the next year to make progress?

Health

Questions to Consider:

- Does your work support good health habits? (i.e., sleep, diet, and exercise)
- Is your work a net positive or negative for your mental health?
- What needs to change in your life to improve your physical and mental health?

Capture your reflection:

 **What's current state?**

What would you like to be different 5 years from now?



What can you do over the next year to make progress?

Impact

Questions to Consider:

- To what extent is your work a good fit with your skills and abilities?
- Are you able to make a clear, measurable difference through your work efforts?
- Do you have the capacity and desire to take on a bigger scope of work?

Capture your reflection:

 What's current state?



What would you like to be different 5 years from now?

What can you do over the next year to make progress?

Fulfillment

Questions to Consider:

- How meaningful do you find your work?
- How well does it contribute to your sense of purpose in life?
- What opportunities does your work provide for you to continue to grow as a person?

Capture your reflection:

 **What's current state?**



What would you like to be different 5 years from now?

What can you do over the next year to make progress?

Prioritize

 **Which of the five areas - finances, relationships, health, impact, or fulfillment - needs to be addressed first?**



What specific actions will you take over the next 90 days to gain momentum?

When will you next revisit the Career Thriving reflection?

Send me a note and give me feedback - tom@careerthriving.com. What do you like about the template? What could be improved?

If you'd like help thinking through next steps based on your reflection, **reach out to me (tom@careerthriving.com) for a 30-minute Next Steps Call.** For a limited time, the Next Steps Call is offered at no charge when you use the reference code THRIVE23.

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