

Five Questions to Find Clarity in Your Career

(A reflective exercise from ElevateYourCV.uk).

Before you make your next move, take a pause.

Clarity doesn't come from rushing into action: it comes from understanding what matters most. These five guided questions are designed to help you reconnect with your values, strengths, and priorities so your next step feels purposeful, not pressured.

1. What's energising me right now - and what's draining me?

Look back at the past few months. When did you feel at your best; focused, fulfilled, or proud of what you achieved? And when did you feel stuck, frustrated, or disconnected? Patterns in your energy often reveal where your next direction lies.



2. Which strengths or skills do I want to use more often?

Think about what comes naturally to you; the tasks others rely on you for, or those that feel satisfying even when they're challenging. What would your work look like if you were using those skills more intentionally?



3. What does success look like for me now - not five years ago?

Your definition of success changes as your life evolves. What matters most to you today: balance, impact, progression, creativity, security, or something else? Naming it clearly helps you spot roles and opportunities that align with it.



4. What kind of environment helps me thrive?

Do you perform best in fast-paced, collaborative settings, or when you have time for deep, independent work? Consider the pace, culture, and type of leadership that brings out your best.



5. What would I regret not trying?

If you knew you couldn't fail, what would you explore? Sometimes the clearest path forward isn't the safest one - it's the one that excites you, even if it feels uncertain.

