

The Career Check-In

A quick reflection for when work no longer feels like it fits

Sometimes you know exactly what needs to change. Other times, you just know something feels off.

Use this reflection tool to notice what is getting your attention and name what you may want to explore next.

1. What is getting your attention?

Check any that feel true right now.

- ☐ I feel stuck or underused.
 - ☐ I am doing work I can do, but not work that gives me energy.
 - ☐ My role no longer fits my life, values, or priorities.
 - ☐ I feel worn out by the pace, pressure, or expectations.
 - ☐ I want more meaningful work.
 - ☐ I want to use strengths or skills I am not using now.
 - ☐ I am ready for a new challenge.
 - ☐ I want to lead at a different level or in a different way.
 - ☐ The reasons I took this role are no longer true.
 - ☐ I have a vision for what I want next, but it is not fully clear yet.
 - ☐ Something else is changing for me:
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2. What feels most important right now?

Choose one or two from the list above.

3. What might this be asking you to notice?

Answer lightly. Do not overwork it.

What feels heavy or no longer fits?

What is pulling you forward?

What do you want to be clearer about?

4. One question to carry forward

What is the real question you are sitting with right now?

Examples:

What do I want next?

What am I ready to stop carrying?

What kind of work would feel more aligned?

What would help me move forward with more confidence?

My question:

Want a thinking partner?

You do not have to sort through what comes next alone.

If this reflection helped you notice something important, a 20-minute Clarity Call is a simple next step. We will talk about what is on your mind, and whether coaching is the right support for this season of your career.

Coach for Growth offers career and executive coaching for HR, Talent, and L&D leaders, and for managers, directors, and executives stepping into bigger roles.

Book a Free 20-Minute Clarity Call: [Click here to find a time](#)