

Career Motivations Worksheet

Team Member Name:

Current Job Title:

Team Lead Name:

Date:

The purpose of this worksheet is to guide you through a number of reflective exercises that will lead you to develop your Professional Development Plan.

The questions require a fair bit of time and reflection, so be sure to give yourself the time you deserve to think earnestly about your future :)

The questions are hard. *They're meant to be.* They're intended to push you a bit beyond your comfort zone, then help give some order to what are often abstract thoughts.

What's most important is that you go through the exercise honestly to gain clarity around what's truly important to you, then be ready to share and discuss your proposed career goals so we can help you grow!

Your Preference Map

Consider your life at work right now. What do you love most about work and when do you feel the most fulfilled? When do you feel the most stressed or what are you ready to give up?

MORE Write 5-8 things that you want <i>more</i> of in your current job and <u>underline your 3 must-haves.</u>	LESS Write 5-8 things that you want <i>less</i> of in your current job.

Your Inspiration

The following questions here are to get you thinking about your future and the things that truly inspire you. Take enough time to reflect on each question and provide thoughtful answers.

What would you want to do today if all your bills were paid and you had relatively unlimited cash reserves?

What would your career be like if you had the power to make it any way you wanted?

Who are the people you most admire? What is it about them or their careers that attract you to them? Is there something about what they have or do that you want for your career vision?

Do you feel as though you have a gift or calling? How can you share this gift or best answer the call in a way that will fulfill you?

What's the one activity you most love? Is it part of the work you do? If not, is it possible to incorporate it somehow?

Which of our core values resonate the most with you? Why?

Optional:

Take the [16Personalities Test](#) and list your results here! How do you feel about the results?

Your Ideal Future Job

Imagine that it's 5 years in the future. If you could make a wish and create your perfect day at work, what would it look like and feel like? Who would you work with and what would you be doing? Keep that vision in mind, and answer each of the following questions in 2-3 sentences using present tense as if you were in that perfect job.

What skills do you get to use everyday?

What skills or knowledge areas are you most proficient at?

What responsibilities do you have?

What kind of team do you work with?

What does your job look like?