

# Free Self-Coaching Guide

Welcome!

This is your free Self-Coaching Worksheet  
**Career Direction (3-5 Years)**

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## 7- CAREER DIRECTION

### “Where Do You See Yourself in 3-5 Years?”

Rather than rigid 3-5-year plans that can feel restrictive, this worksheet helps you identify your authentic career direction that can guide your decisions while allowing for flexibility and unexpected opportunities.

**ENERGIZING ACTIVITIES:** List 5 professional activities or fields of interest that consistently energize you or put you in a state of flow:

*Tip: review and integrate your insights from **previous exercises** (timeline, personality, strengths, etc).*

**MEANINGFUL IMPACT:** What kind of impact do you want your work to have? Check all that apply and add your own:

☐ Solving technical problems

☐ Helping others develop

☐ Creating new products/services

☐ Improving processes/systems

☐ Building connections between people

☐ Communicating complex ideas

☐ Other: \_\_\_\_\_

**ENVIRONMENT PREFERENCES:**

What qualities of work environments bring out your best? Check all that apply:

- |  |   |                                      |
|--|---|--------------------------------------|
| <input type="checkbox"/> Collaborative | <input type="checkbox"/> Independent    | <input type="checkbox"/> Fast-paced  |
| <input type="checkbox"/> Thoughtful    | <input type="checkbox"/> Creative       | <input type="checkbox"/> Structured  |
| <input type="checkbox"/> Flexible      | <input type="checkbox"/> People-focused | <input type="checkbox"/> Data-driven |
| <input type="checkbox"/> Other: _____  |   |                                      |

**IDENTIFYING PATTERNS:** Looking at your responses above, what patterns or themes do you notice?

**YOUR DIRECTION STATEMENT:** Based on these reflections, complete this compass statement:

"I'm moving toward work that allows me to

while creating impact through

o "

### APPLYING YOUR COMPASS:

- How might this direction inform your **next career move**?
- What **opportunities** in your current role could you explore that align with this direction?
- What **skills** might you develop to move more confidently in this direction?

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