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Questions to Discover Your Next Career Move


1 What excites you and keeps you engaged?

Think back to moments in your career when you felt the most energized and engaged. What tasks or projects made you lose track of time? What aspects of your work bring you joy and fulfillment? Identifying these elements will help you align your career with your passions and strengths.

 **Reflection Prompt:** Write down three work-related tasks or experiences that have excited you in the past. What do they have in common?


4 What does your ideal workday look like?

Instead of focusing on job titles, imagine your perfect workday. Where are you working? What type of projects are you involved in? Who are you collaborating with? This exercise helps you visualize a career that aligns with your lifestyle and aspirations.

 **Reflection Prompt:** Describe a day in your dream career in as much detail as possible. How does it compare to your current reality?


2 What are your non-negotiables in a job?

We all have values and needs that must be met for us to thrive in our careers. These could be work-life balance, autonomy, creativity, financial security, or opportunities for growth. Recognizing what you absolutely need in a job will help you avoid career moves that lead to dissatisfaction.

 **Reflection Prompt:** List your top five non-negotiables for your next career move. Which of these are currently being met? Which ones are missing?


5 What's one step you can take today?

Gaining career clarity doesn't mean making a drastic change overnight. The key is to take small, intentional steps forward. Whether it's researching a new industry, updating your resume, or reaching out to a mentor, one step today can lead to significant progress over time.

 **Reflection Prompt:** What is one small action you can take this week to move toward your ideal career?

3 What limiting beliefs are holding you back?

Many professionals struggle with self-doubt and fear when considering a career change. You might think, "I'm not qualified enough," "It's too late to start over," or "I might fail." These beliefs can keep you stuck in a job that no longer serves you.

 **Reflection Prompt:** Identify one limiting belief you have about making a career move. How can you reframe it into an empowering belief?

Final Thoughts

Your career path is uniquely yours, and clarity comes from self-reflection and action. Use your answers to these questions as a guide to make informed, confident career decisions.

Remember, the next step in your career should align with who you are and what you truly want.

Need more support? Let's work together to design a career path that excites and fulfills you! [Book a free Breakthrough call with me today.](#)