



1. Sum up where you currently are.

Fill in the table below with succinct statements or key phrases that sum up the whole spectrum of what is going on right now for you in your working life.

Facts	Emotions
<p><i>Write down the black & white facts about what is going on right now in your job / career. Focus on the objective.</i></p> <p>Be specific.</p>	<p><i>How are you feeling right now about where you are in your working life? Acknowledge the full spectrum of feelings, any confusion, conflict or push/ pull going on. You might feel numb or nothing at all – note that down as well.</i></p>

2. Looking at what you have written in the table, what does this tell you?

3. Now write down all the things that are truly important to you to have / experience in your working life / career?

e.g. Financial remuneration, prospects, a sense of impact/ making a difference. You may also like to also consider things like autonomy, creativity, respect, openness, integrity, working with others/ teamwork, influence/ power).

4. Now select your top 8 priorities for your job / career so you create your Career Wheel

Label the outer edge of the segments with these 8 selected priorities.

Now consider, what would 100% perfect look like for you in each priority area?

Write this as a simple, succinct statement starting with 'I am / I have' in each of the segments in the circle.

Now score yourself on a scale of 1 to 10 on how well your current role meets your needs.

Once you have scored and marked each segment on it's corresponding spoke on the wheel, join up each mark with a line going across each segment.

**How balanced is your career wheel?
What does the resulting pattern tell you?**

