



PEP SHEET

When is it time to change career?

Take a moment to listen to our #8 episode on career change and reflect on the questions:

Are you following your energy? Are there aspects of your current career that gives you inspiration and energy? Which ones?

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How are you learning and growing within your current career? Is there more room for personal development (could be within your job – or what your job offers such as seeing more of your family)?

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What ways can you identify to build your own niche within your existing career?

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If your growth and learning potentials are limited within your current job, what are the key values and lessons that you want to bring with you into your new career?

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Is there something you always wanted to do that you have not fully explored?

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What is your red thread; your story and values that can help you explain to others the changes in your career?

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Other reflections:

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