

Career Questions: Getting To What Matters

by Debbie Lacy

If you know you want a change, but you don't know where to begin, here are some questions that may help you define some core criteria for your next job:

How do you want to *feel* when you're doing your work? (emotions, body, spirit)

What are you most excited about expressing to others? What gifts do you want to nurture and expand out into the world?

What parts of you will be "front and center" when you're doing the work you desire?

What will be your "sphere of influence"?

- Who will receive your gifts and be positively impacted by your work?
- What kinds of people would you like to work with?
- Do you envision large numbers of people benefiting from your work, or are you more likely to impact individuals, one at a time? Do certain target populations or niches come to mind?

In general, how will people remember you from your work/contributions? What would you like them to say about you?

How do you want to be recognized and rewarded within your work? Be specific.

Describe your ideal work space (your own office or shared? large building or small setting?)

What are some other very important elements that you will need in your work life to be most happy and engaged?