Career/Life Assessment

Thoughtful responses to these questions can help you approach your lifework transition from a more holistic perspective. The term “lifework” is broader than “job” or “career” and includes all activities, paid and unpaid, that contribute to the enhancement of one’s own life and/or that of others.

1. **Expectations:** Generally, what did you envision your life would be like at this point? How do your expectations match your current situation? How do your previous expectations compare to what you now know about yourself?

2. **Current sources of satisfaction:** What currently provides you meaning and satisfaction in your life?

3. **Early ideas/messages about work:** What are your early memories of “work”? What did you want to “be” when you were a child? What were your parent(s) attitudes toward work (their own work and/or work in general) and/or what messages (from family, society, books and media, etc.) did you receive about “work” and “lifework” as you were growing up?
4. **Role of work in your life:** What role does lifework play in your life? How much of your identity do you associate with lifework? Is there anything about the role of work in your life or identity that you would like to change?

5. **Vision:** Describe what you would like your lifework life to be like. Being as specific as you can. List any words or phrases related to ideas, preferences, or wishes for your work life, regardless of how vague or undefined. Do not think about job titles; rather, describe the characteristics or circumstances that would make up meaningful and/or satisfying lifework. For now, think about what you would like, NOT necessarily what you think may be realistic or possible.

6. **Sorting out:** What challenges or difficulties are you encountering as you try to sort out your lifework? What may be preventing you from finding more meaningful lifework?

7. **Support:** From whom, what, or where, do you currently get support for your lifework questions and concerns?
Action Steps

Reactions, reflections

1. What did you notice, learn or were reminded of as a result of answering these questions?

2. What might be helpful for you to:
   - Start doing
   - Stop doing:
   - Do more of:
   - Do less of: