

Elevate your life

with The Happiness Strategy

When contemplating changes, particularly in the realms of career and work, it is crucial to consider both emotional and practical factors as integral components of the decision-making process.

Here are a few suggested questions to help you become clearer with what you desire.

1. How do I want to feel when I am at work? Could include job satisfaction, colleagues, company.
2. What aspects my current work do I enjoy or find dissatisfying or unfulfilling?
3. How does the potential new career align with my sense of purpose and fulfilment?
4. What values are important to me in my work?
5. What skills do I currently have and what additional skills or qualifications would I need?
6. How will the career change impact my financial situation?
7. How much do I want to earn?
8. How many days do I want to work?
9. What sort of people do I want to be surrounded by at work?
10. Does making a change offer me the flexibility that I desire?
11. Am I ready emotionally and financially to start a new business?

My hope is that this simple exercise will help you to get clearer with your next steps in making positive changes in your career.

GOOD LUCK!

Sarah x