

The career change workbook

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These are the questions I ask in a first session. Write your answers by hand if you can, and don't tidy them up. The messy first answer is usually the honest one.

Give yourself an hour, or two half hours on different days. Skip anything that doesn't fit you.

1. Where you are now

What does a good day at work look like for you right now? What about a bad one?

Which parts of your job would you keep if you could take them with you?

What have people asked you for help with for years, at work or outside it?

2. What you're leaving

What are you tired of? Be specific: the commute, the shifts, the people, the work itself.

What would you miss?

3. What you need

How much do you need to earn each month? Write the real number, not the one you'd hope for.

How long could you manage on less while you retrain or try something out?

Who else does this decision affect, and have you talked to them about it yet?

4. What you're curious about

List three kinds of work you've wondered about. Don't judge them yet.

For each one, who do you know who could tell you what it's really like? A friend of a friend counts.

5. The next two weeks

One conversation you'll have, and with whom:

One thing you'll read, take or try:

Bring this to our first call if we have one. If we don't, I hope it helps anyway. portage.camp/@annekevos