

**What do I need in order to
create the kind of career that I really want?**

- ___ 1. Gain greater focus and direction in my career.
- ___ 2. Get unstuck in some way.
- ___ 3. Feel more connected to my work.
- ___ 4. Know what kinds of work I would really love to do.
- ___ 5. Know the work activities and work environments that suit me best.
- ___ 6. Understand my life purpose better.
- ___ 7. Deal with issues that get in the way of my success (e.g. interpersonal skills, time and stress management, procrastination, avoiding).
- ___ 8. Be clearer about my priorities.
- ___ 9. Find work I would love to do without quitting my job.
- ___ 10. Identify new fields of work that would fit who I am.
- ___ 11. Make decisions I have been avoiding.
- ___ 12. Make better decisions that are in line with my priorities.
- ___ 13. Create more effective plans of action to get what I want.
- ___ 14. Act more effectively on the choices I do make (follow through).
- ___ 15. Choose the most appropriate education or training for me.
- ___ 16. Decide what I want to do in the next stage of my life.
- ___ 17. Create a meaningful retirement.
- ___ 18. Know my work strengths.
- ___ 19. Be able to present the benefits of hiring me.
- ___ 20. Other _____.

*Ascendo Consulting specializes in assisting professionals and youth
to find focus, direction and success in their work.*