

# Success [Redefined]

Seasons of deep personal and professional growth can be confusing and intense. They can also be full of possibility and meaning! This worksheet will help you get clearer about what exactly is changing in you, and what that means for how you define success in your career.

## Limitations Bin

First things first: just for kicks, try to set aside all your limiting beliefs and fears about re-evaluating what you want in your career. (Ex: what if I don't make enough money? what if I have regrets? what if what I want is impossible?)

Write down any limiting beliefs and fears in this box, then mentally set them aside before continuing:

## Non-Negotiables

What are you already crystal clear on? What conditions must be met for you to be fulfilled in your career? What absolutely must *not* be in the picture? (Ex: field or industry, work environment, key activities, compensation and benefits)

I know I want:

I know I *don't* want:

## What's Changed? What Hasn't?

In the section below, reflect on what was true in the past, and how that is the same or different from what's true now. *The point in the past can be distant or recent - the main thing is that it represents a season you sense you are now leaving behind in some way to step into a new season (even though you may not know what that looks like yet)!*

### THEN

Strengths I was proudest of:

Development areas:

What mattered most to me? (values, priorities)

### NOW

Strengths I'm proudest of:

Development areas:

What matters most to me? (values, priorities)

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## THEN

What motivated me?

What gave me energy at work?

What drained me at work?

I was really curious to learn:

I really hoped to achieve or impact:

Growth looked like:

What made me feel fulfilled at work?

All in all, I defined success as:

## NOW

What motivates me?

What gives me (or would give me) energy at work?

What drains me at work?

I am really curious to learn:

I really hope to achieve or impact:

Growth looks like (or would look like):

What makes me (or would make me) feel fulfilled at work?

All in all, I'd now define success as:

## Reflect

What patterns and themes do you notice about how you defined success Then and Now? What's the same? What's changed or changing?

What's more clear to you after this exercise? What's still unclear?

What would it take for you to fully honor your re-definition of success in your career in the next season?

What's one important step you will take to move in that direction?