

CAREER Reflection Worksheet

Rate each area from 1 to 10, then identify the area with the lowest score and decide on one action to improve it.

C – Challenge

- Am I being intellectually and professionally challenged?
- Do I feel like I'm growing, learning, and improving?

Reflection prompt: What's the last thing I did at work that pushed me out of my comfort zone?

Rating (1-10): _____

Notes: _____

A – Alignment

- Does my role align with my long-term goals?
- Am I proud to talk about my work and my employer?

Reflection prompt: If I could re-choose this role today, would I still say yes?

Rating (1-10): _____

Notes: _____

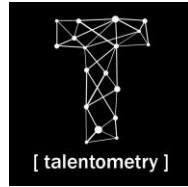
R – Reward

- Am I fairly compensated (salary, benefits, perks)?
- Do I feel recognised and appreciated for what I do?
- Is there a clear path to progress financially and professionally?

Reflection prompt: Do I feel my contribution is valued and reflected in how I'm rewarded?

Rating (1-10): _____

Notes: _____



E – Environment

- Is the culture supportive, inclusive, and positive?
- Do I feel psychologically safe and respected?
- Is my work/life balance sustainable?

Reflection prompt: How do I feel on Sunday night about going to work on Monday?

Rating (1-10): _____

Notes: _____

E – Evolution

- Is there room for growth – vertically or laterally?
- Are there development opportunities (training, mentoring, etc.)?
- Does the company invest in my future?

Reflection prompt: Where could I be in this company in 1-3 years if I stayed?

Rating (1-10): _____

Notes: _____

Next Step

Look at the area with the lowest rating. What's one small step you could take this month to improve it?

Action Plan:
