

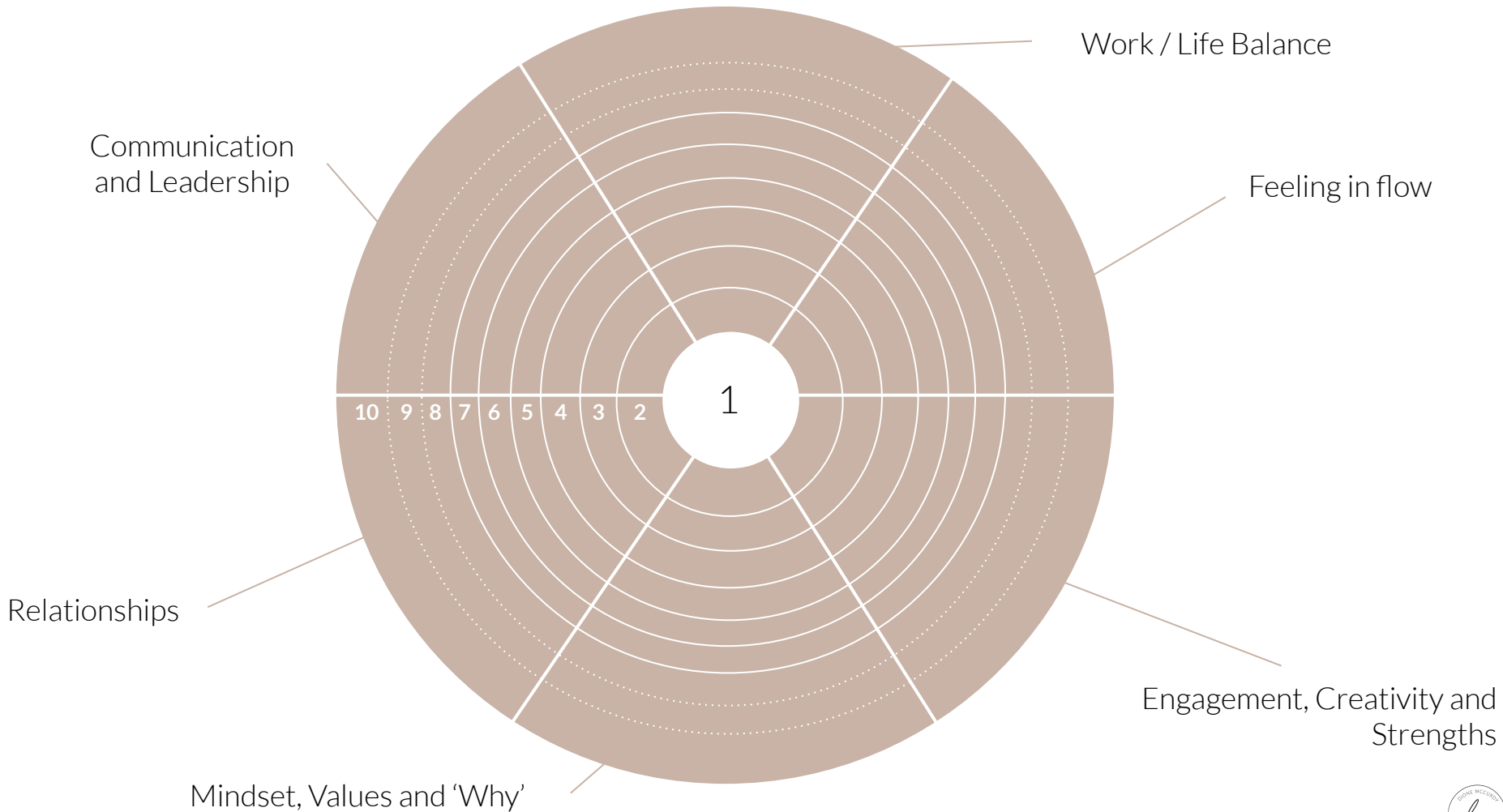
Career Feelings Wheel



How we feel at work is paramount to our success, our happiness, our productivity, health and performance as well as affects on our personal time with family and friends. Work language is often centred around numbers, outcomes, goals, KPI's and the bottom-line. It's important to take time to really stop, assess and think about how we feel going to work each day. How does your career feel to you majority of the time.

Get a cup of tea, a quiet 30 minutes to yourself and feel into the below exercise about how you truly feel about the different aspects of your work. Then take the time to consider, answer and contemplate the questions below. Mark in each triangle the feelings that relate to how you feel for each area. The centre point is the lowest feelings.





1. How do you feel about going to work?
2. How do you want to feel?
3. What area/s of your career or work need the most improvement? What areas make you feel challenged, unhappy or overwhelmed?
4. Where can you see your strengths are?

Section	Rating	Goal	Action	Timeline	New Rating

Notes:



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Go to dionemccurdy.com for further details how you can book a free discovery call with Dione McCurdy to discuss your career goals and dreams today.

