



Career Audit Worksheet

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Career Audit Toolkit

- ▶ Career Mindset
- ▶ Confident Momentum Inventory
- ▶ Career Retrospective



CAREER MINDSET

- ▶ Career Agility.
- ▶ Career is a sum total of ALL life experience.
- ▶ How can I UPCYCLE my Career?

CONFIDENT MOMENTUM INVENTORY

- ▶ Include as many aspects as possible in your life and career.
- ▶ Write down your progression forward achievements.
- ▶ When the reward outweighed the risk/fear.

THE FIVE W'S

▶ When?

▶ What?

▶ Where?

▶ Who?

▶ WHY?

If you require any further information, feel free to contact me below:

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