

# 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.



#### Step One: Brainstorming Alone

Think of all the responsibilities and experience you have gained at work and/or activities such as raising a family, being a caregiver, volunteer work, coaching children or adults, being part of a strata or part of any team sports, etc



#### STEP ONE: BRAINSTORMING ALONE

Write down all the skills that you have developed from various types of roles that you		
have had.		



#### STEP ONE: BRAINSTORMING ALONE

Find specific examples from your work/life experience to back up the skills you have listed.



STEP ONE: BRAINSTORMING ALONE



#### THE FIVE W'S

_	When?
>	What?
>	Where?
<b>&gt;</b>	Who?
<b>&gt;</b>	WHY?



### STEP TWO: SHARING AND ACCOUNTABILITY

Share with someone you trust and/or within a community you trust to give you a sense of accountability.



## STEP THREE: CREATE YOUR CAREER STRATEGY

Stay tuned for the reveal!		



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

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