

Career Growth Workbook

A self-coaching guide to assess, plan,
and take action for the next phase of
your career



7 PAGES
EASY TO NAVIGATE



COMPLETE AT
YOUR OWN PACE



STU BARNES
EXECUTIVE COACH

Before We Start...

As we navigate our careers, it's easy to get caught up in the day-to-day and lose sight of the bigger picture. Where are we headed? What truly matters to us? How do we take meaningful steps toward the career we want?

To support mid-career professionals in reflecting, planning, and taking action, I've created a Career Growth Workbook. This self-coaching resource will help you:

- ◆ Assess where you are in your career
- ◆ Clarify your core values and priorities
- ◆ Envision your ideal future role
- ◆ Build a roadmap for action

Whether you're considering a career transition, seeking more fulfilment, or investing in your leadership capability, this workbook will guide you through the process.



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Career check in

Take a moment to reflect on your current career situation.

Answer these questions honestly.

1

What aspects of my current role energise me?

2

What aspects drain me?

3

What are my biggest career achievements in the last 5 years?

4

What skills or strengths do I use most often?

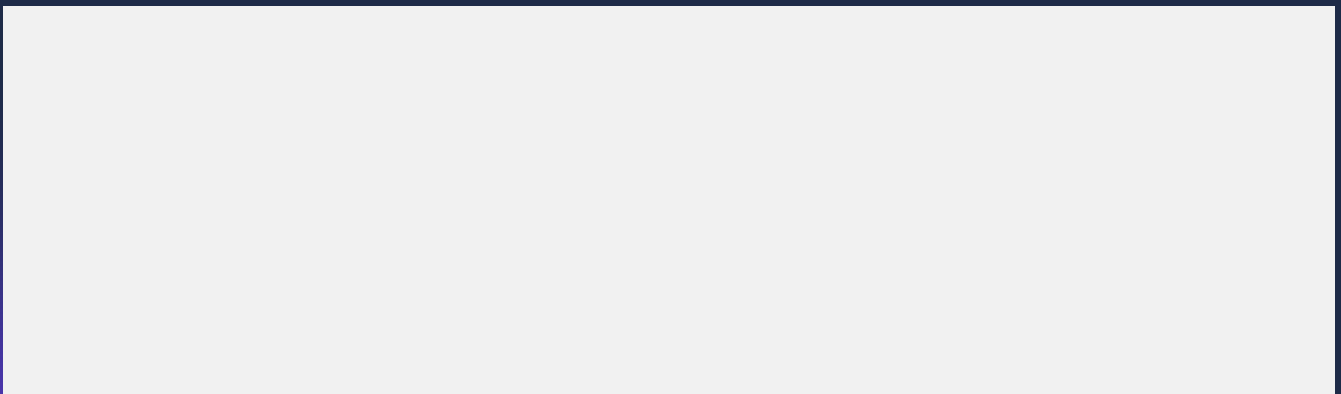
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Where do I feel stuck or unfulfilled?

6

If I could change one thing about my career today, what would it be?

Action Step: Identify one area where you'd like to see improvement or growth.



Values & Priorities Exercise

Understanding your values can help you make aligned career decisions.

Step 1: Identify Your Top 5 Career Values

(Choose from or add to this list)

- Growth & Learning
- Work-Life Balance
- Autonomy
- Financial Security
- Creativity
- Leadership
- Recognition
- Stability
- Purpose & Meaning
- Collaboration

Step 2: Reflect

- How well do my current role and responsibilities align with my values?
- Where do I feel a disconnect?

Action Step:

Choose one small change to better align your career with your values.

Career visioning

Imagine your ideal career 3-5 years from now.

Go with your initial answer - trust your gut.

1

What kind of work are you doing?

2

What skills have you mastered?

3

How are you playing to your strengths?

4

What kind of impact are you making?

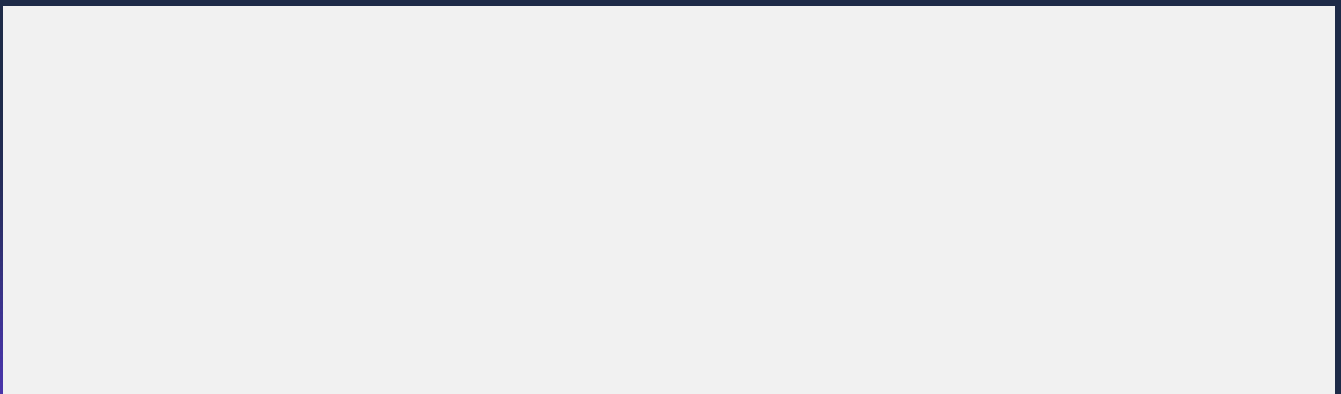
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What type of work environment are you in?

6

How does this version of you feel about their career?

Action Step: Write a short “future you” statement describing your ideal career state.



Roadmap to action

Now, let's break it down into steps.

Consider these questions:

- **Skills & Knowledge:** What new skills or knowledge do I need?
- **Network:** Who can I connect with to support my growth?
- **Brand & Visibility:** How can I position myself for new opportunities?
- **Mindset & Confidence:** What limiting beliefs do I need to challenge?

Action Step:

Choose one actionable step for each category and commit to doing them in the next 30 days.

Skills & Knowledge:

Network:

Brand & Visibility:

Mindset & Confidence:

Get in touch

Contact

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Testimonials

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