



5-MINUTE CAREER PLAN

We can keep our careers moving in a positive, productive direction by devoting just a few minutes to these insightful questions. We need to help other people further their careers as well, in ways that encourage them to do more of what they are intrinsically motivated to do.

Passion

I get excited when I talk about:

1. _____
2. _____
3. _____

Energy

Working on:

_____ gives me energy.

Focus

My perfect workday involves me completing:

1. _____
2. _____
3. _____

Satisfaction

The best part of my week happens when:

Moving Forward

I can move my career forward at this job by doing more _____,
interacting with _____
and asking _____
for help.

Pay It Forward

I can help other people with their business or their career if:

