

CAREER CLARITY WORKSHEET

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Take the simple career clarity checklist

A simple tool to help frustrated professionals quickly assess their situation and next steps

Work your way through the questions and tick all the you feel apply to you

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Do any of these feel true for you?

- I feel bored, stuck, or disengaged at work.
- My job no longer feels meaningful or aligned with who I am.
- I'm frustrated with leadership, culture, or workload.
- I've felt dissatisfied for 6–12+ months.
- I don't see a clear path for growth where I am.

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Strengths and Skills Check

- My strengths are underused or undervalued.
- I've developed skills over the years that I'm not using fully.
- I feel capable of doing something more impactful or fulfilling.

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Lifestyle and Values Check

- My current role doesn't align with my lifestyle goals.
- I want more freedom, flexibility, or autonomy.
- My priorities have shifted in midlife (family, health, balance).
- I want work that feels meaningful, not just tolerable.



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Emotional Check

- I often feel stressed, drained, or unmotivated.
- I dread going to work or starting my workday.
- Staying in this role for another 5 years feels uncomfortable.

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Financial Readiness Check

- I understand my financial "runway" for making a change.
- I know what income I need versus what I want.
- I could transition gradually (side income scaled up over time).

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Exploration Check

- I've begun researching alternative roles or industries.
- I'm open to a career pivot or starting a business.
- I've spoken to people doing work I might be interested in.
- I've taken small steps to test new directions (courses, projects, conversations).

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Decision Readiness

- I can clearly identify what specifically is not working.
- I know what I want the next 3–5 years to look like.
- I have at least one viable option that excites me.
- I'm willing to take at least one small step forward this week.



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How to interpret your checklist:

1-10 boxes:

You may be dissatisfied, but clarity is still forming.

→ Take time to assess, explore internally, or refine what you want.

11-18 boxes:

You're in the transition zone.

→ Begin serious exploration of new roles, employers, or business paths.

19+ boxes:

Career change is long overdue.

→ You're ready for a pivot, reinvention, or entrepreneurial direction.

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Next Steps:

No matter where you landed on the checklist—whether you're simply reevaluating your path, exploring new possibilities, or ready for a full career change—this process reveals an important truth: **you want more control, meaning, and flexibility in your life.** And one of the most effective ways midlife professionals achieve that is by building an online business. It leverages your experience, lets you create income on your own terms, and allows you to grow something that aligns with who you are now—not who you were 10 or 20 years ago. Even if you're not ready to make a big leap, starting an online business as a low-risk side project gives you clarity, confidence, and momentum toward a future you choose. It's not just a career option—it's a path to freedom, purpose, and long-term security.

At the Mid-Life Career Centre, we are experts in online business, taking side hustles like Affiliate marketing, E-Commerce, and Freelancing, and turning them into real businesses. You can keep your day job and build steadily into something that can give you a full time income. Learn new skills at your own pace and take charge of your future.

Enter your email address and take the first step today!!