

# Your Ultimate Career Wheel

*Crafting work-life harmony*



# *Introduction*

Discover what's most important in your career, reflect on where you are right now and notice where you want to focus your attention going forwards. It's all about recognising what makes you happy and fulfilled in your career and creating the right balance for you.

Crafting your work-life harmony is a personal balance unique to you - what may be satisfying or balanced for some may be stressful or boring for others.

You can revisit this exercise to check in with where you're at any point in time. It helps to keep you focused on your career plan and identify gaps, goals or priorities for action. By mapping it out visually you can explore why your wheel looks the way it does, what you'd like it to look and feel like and take action to make this happen. You can also use this as a basis and focus for coaching support.

The career wheel is divided into elements that together create a view of the satisfaction and balance in your career. As we are all unique, feel free to personalise the wording and elements from the example here.



# Your career wheel

## PART 1: CREATE YOUR CAREER WHEEL

1. Print off or sketch out the wheel and grab a pen - or pens for those who like colour!
2. Review the career elements and change or add any so you are happy you have all the important areas in your career represented.

## PART 2: MAP YOUR CURRENT SATISFACTION

Review each area thinking about what success or satisfaction in this element means for you and rank your current level of satisfaction by drawing a line across that segment. Place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each element to show how satisfied you are currently.

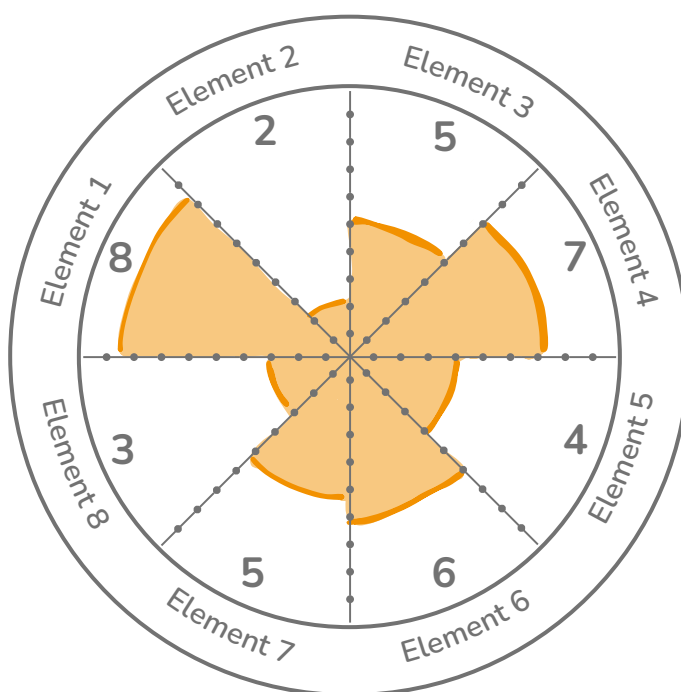
### TIP

Use the first number that pops into your head, not the number you think it should be!

The new perimeter of the circle represents your current career wheel.

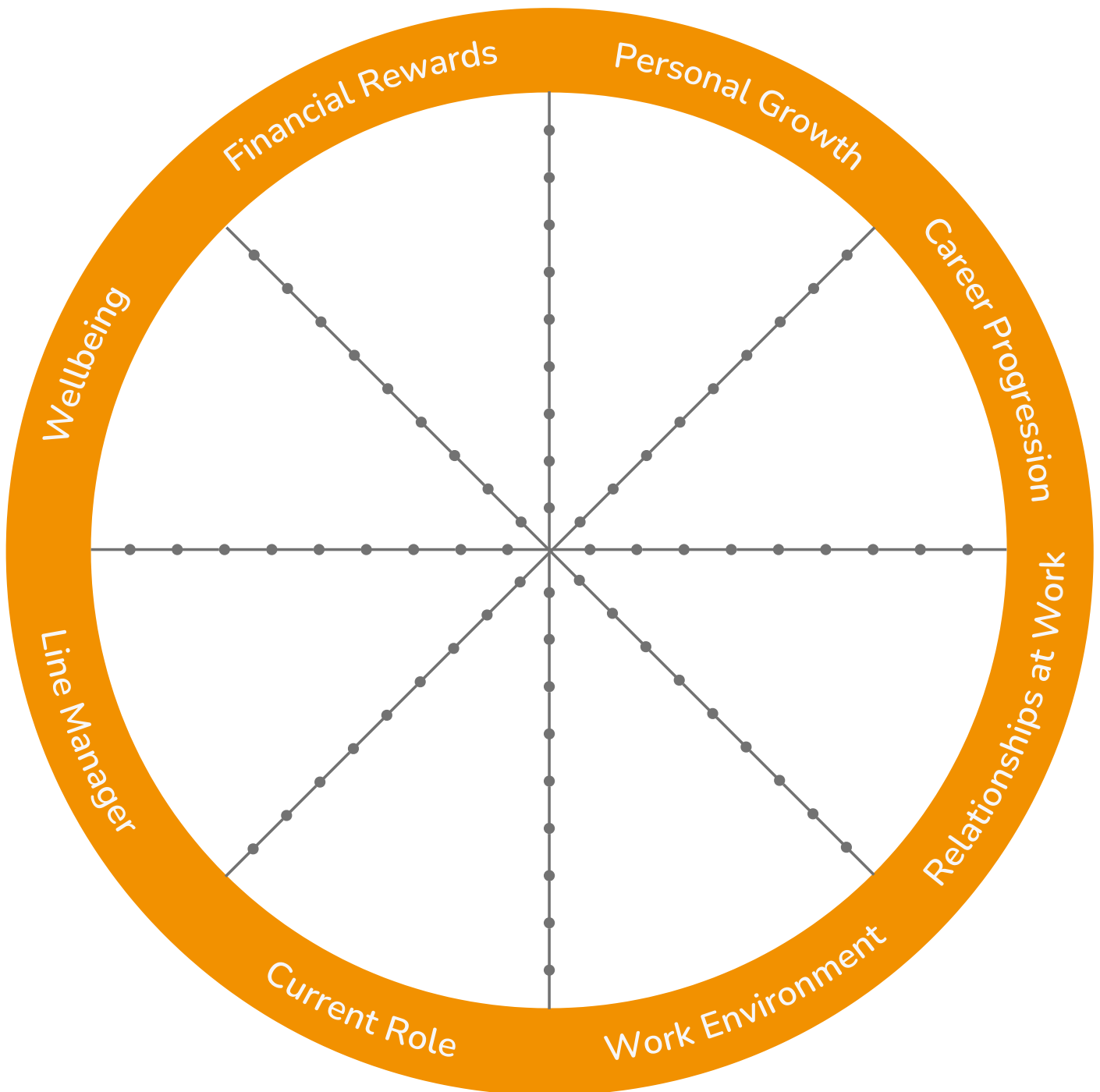
## PART 3: MAP YOUR IDEAL SATISFACTION

Now review your wheel and add a dotted ranking line to each element with what level of success or satisfaction you'd like to be at in that area. It may not be a 10 for all areas, you may be happy with a 7 - go with what feels right. This becomes where you'd like to be across the elements of your career and can help you see any gaps.



Example

# Create your Ultimate *Career* *Wheel*



# *Time to reflect*

## HERE'S SOME REFLECTION QUESTIONS TO EXPLORE YOUR CAREER WHEEL:

How do you feel about your career as you look at your wheel?

Are there any surprises for you?

Which areas would you most like to improve or change?

What's most important for you to focus on?

What might be one next step you can take to move your area forward?

Here's some space to note down your thoughts, reflections and feelings having completed your career wheel.

You can take this into your mentoring or coaching sessions to explore strategies and navigate through your career.

