

# How to use this Worksheet

Career Clarity Worksheet · Career & Growth

## INSTRUCTIONS

- Find a quiet moment. This takes 3 to 5 minutes.
- Don't overthink. Write the first honest answer that comes to mind.
- Short responses work best. Single words or phrases are enough.
- There are no right or wrong answers. This is not a test.
- Skip any line that feels unclear. You can return to it later.
- Move through it gently.

## SUGGESTIONS WHILE FILLING IT

- Answer from where you are today, not where you think you should be.
- You don't need to have it figured out. That is what this is for.
- If a line makes you uncomfortable, sit with it. That usually means it matters.
- There is no career advice here. Only honest questions.
- Don't aim for impressive answers. Aim for true ones.

## WHEN YOU REACH THE FINAL SECTIONS

### → My Direction

This is not a plan. It is a compass. Read it when things feel unclear.

### → My Guiding Sentence

Write it slowly. It is the thing you come back to when the noise gets loud.

## WHY THIS WORKS

- **Naming where you are reduces anxiety.** Neuroscience shows that labelling emotions and experiences activates the prefrontal cortex and reduces the stress response. Simply putting words to where you are creates a sense of control.
- **Curiosity activates direction.** The brain's reward system responds to questions we find genuinely meaningful. When you engage honestly with what draws you, the brain starts orienting toward it. Direction often follows curiosity, not certainty.
- **Small signals are enough to start.** You do not need a complete career plan to move. Research in motivation shows that identifying even one authentic interest is enough to generate forward momentum. Clarity builds as you move, not before.

*Designed by a certified coach and neuroscience expert for the MYRA platform*

# Career Clarity Worksheet

*Honest questions. No right answers.*

## WHERE I AM RIGHT NOW

When I think about my work right now, I feel \_\_\_\_\_

A moment at work when I felt genuinely satisfied was when \_\_\_\_\_

A moment when I felt out of place or disconnected was when \_\_\_\_\_

If I could change one thing about my work life right now it would be \_\_\_\_\_

## WHAT IS ALREADY THERE

The topics I read about or watch without anyone asking me to are \_\_\_\_\_

The kind of problem I could spend hours trying to solve is \_\_\_\_\_

If money and judgement were not factors, I would spend my time \_\_\_\_\_

The work that would make me feel I was contributing something real is \_\_\_\_\_

## MY DIRECTION

The kind of work I am moving toward is \_\_\_\_\_

Something I want to explore more deeply is \_\_\_\_\_

I will know I am on the right path when I feel \_\_\_\_\_

## MY GUIDING SENTENCE

*I am someone who is energised by \_\_\_\_\_ ,*

*drawn to \_\_\_\_\_ ,*

*and building toward a career where \_\_\_\_\_ .*