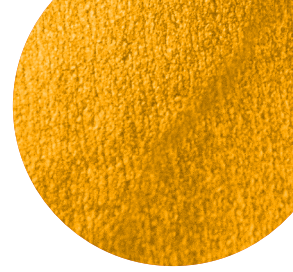


Schedule a LIFE CHECK UP



Q1: Am I in the right job?

- Hell yeah!
(If it's not a hell yeah, then do more thinking)
- Not sure →
- No →

If no/not sure, what is lacking? What do you want more of?

Q2: Have I reached a plateau?

- No way!
(If it's not a no way, then do more thinking)
- Not sure →
- Yes →

If yes/not sure, what do you want to be learning over the next six-twelve months?

Q3: Am I energised by what I do?

- Hell yeah!
(If it's not a hell yeah, then do more thinking)
- Not sure →
- No →

If no/not sure, what sort of projects would you find energising?

Q4: Is the workplace culture one where I can thrive?

- Hell yeah!
(If it's not a hell yeah, then do more thinking)
- Not sure →
- No →

If no/not sure, what sort of a culture would be one where you could thrive and feel supported?

My prescription

These are three things I will do in the next three months:

- 1.
- 2.
- 3.