

## EXERCISE 1: Identify Career Pressure

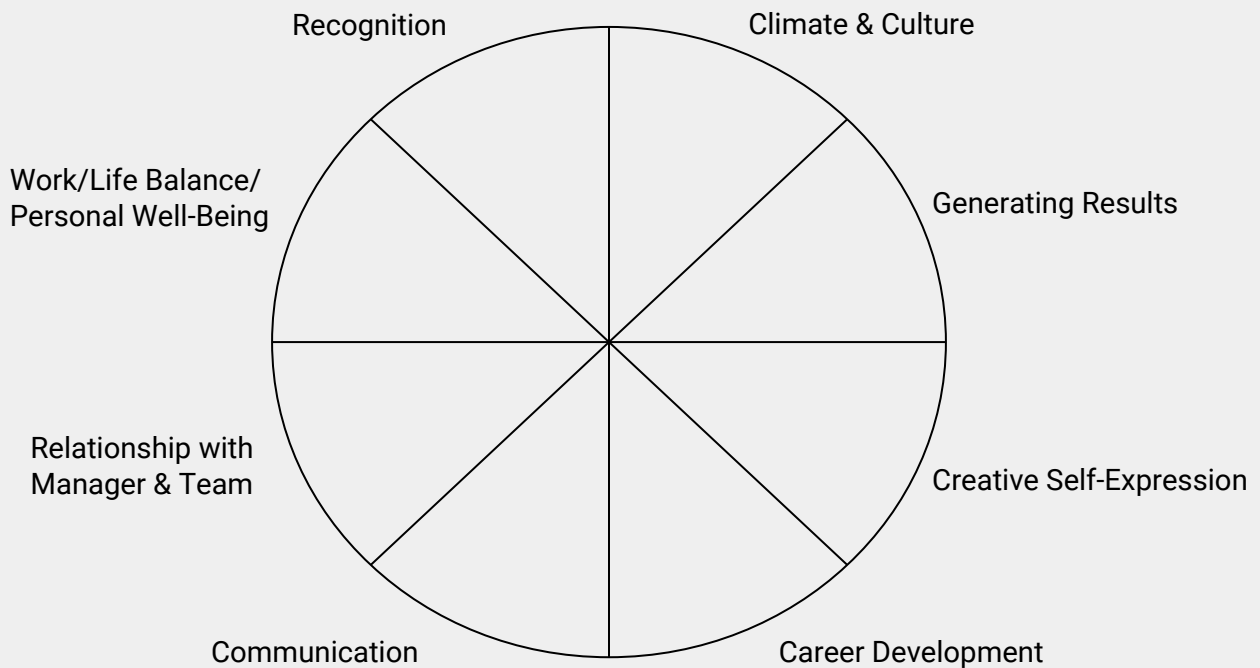
The voices around me are saying:

- ◆ I should be a...
- ◆ I have to...
- ◆ My career must...

What impact does the pressure have on you?

What would be possible if you could relieve that pressure?

## EXERCISE 2: Current Job Satisfaction



## EXERCISE 3: Values

### Life Decisions

(choosing a college, moving to a city, leaving a job, taking time off, deciding to have kids, etc)

### Motivations

(wasn't feeling challenged, needed adventure, closer to community, costing me my health, etc)

## EXERCISE 4: Create a Persona of Yourself

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Self-Portrait

“Your Personal Tagline”  
How would your friends describe you?

Mantras you live by  
Describe your motivations in hashtags

### Motivations & Values

What drives you to get out of bed every morning?  
What motivates you to contribute to a team or project?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Pains & Frustrations

What leaves you drained or infuriates you to deal with?

- \_\_\_\_\_
- \_\_\_\_\_

### Drivers

What influences your decisions at this time?

#### Flexibility

\_\_\_\_\_

#### Autonomy

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#### Compensation

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#### Culture

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#### Growth

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## EXERCISE 5: Comparing Your Persona to Reality

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How does your persona compare to your current role/situation?

What's out of alignment between your current role/situation and your persona?

What changes do you want to make/actions do you want to take based on that information?