

How to Make Important Career Changes

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation on Making Important Career Changes, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Write out your answers to these questions after reflection and research. Then talk through your answers with 5 people close to you; then rewrite your answers.

What changes do you want to make at your job? Stay? Leave?

If you stay,

1. What changes will you make? Beginning when?

2. What actions of yours will it take to bring about these changes? When will you begin them? Who will support you?

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3. What actions of others will these changes necessitate? When will you request the actions? What will you do if the action isn't taken? When? Who will support you?

If you leave,

1. What process will you use to decide what to do next? Who can support you with this? When will you begin this process?

2. When and how will you:

➤ Tell your family?

➤ Tell your boss?

➤ Tell your peers?

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- Tell your subordinates?

3. How will the change affect (and what will you do to deal with any breakdowns with):

- Your family?

- Your cash flow?

- Where you live?

4. How will you take what you learned from this forward into your life?

Thank you for your mindfulness practice.