

# 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.*