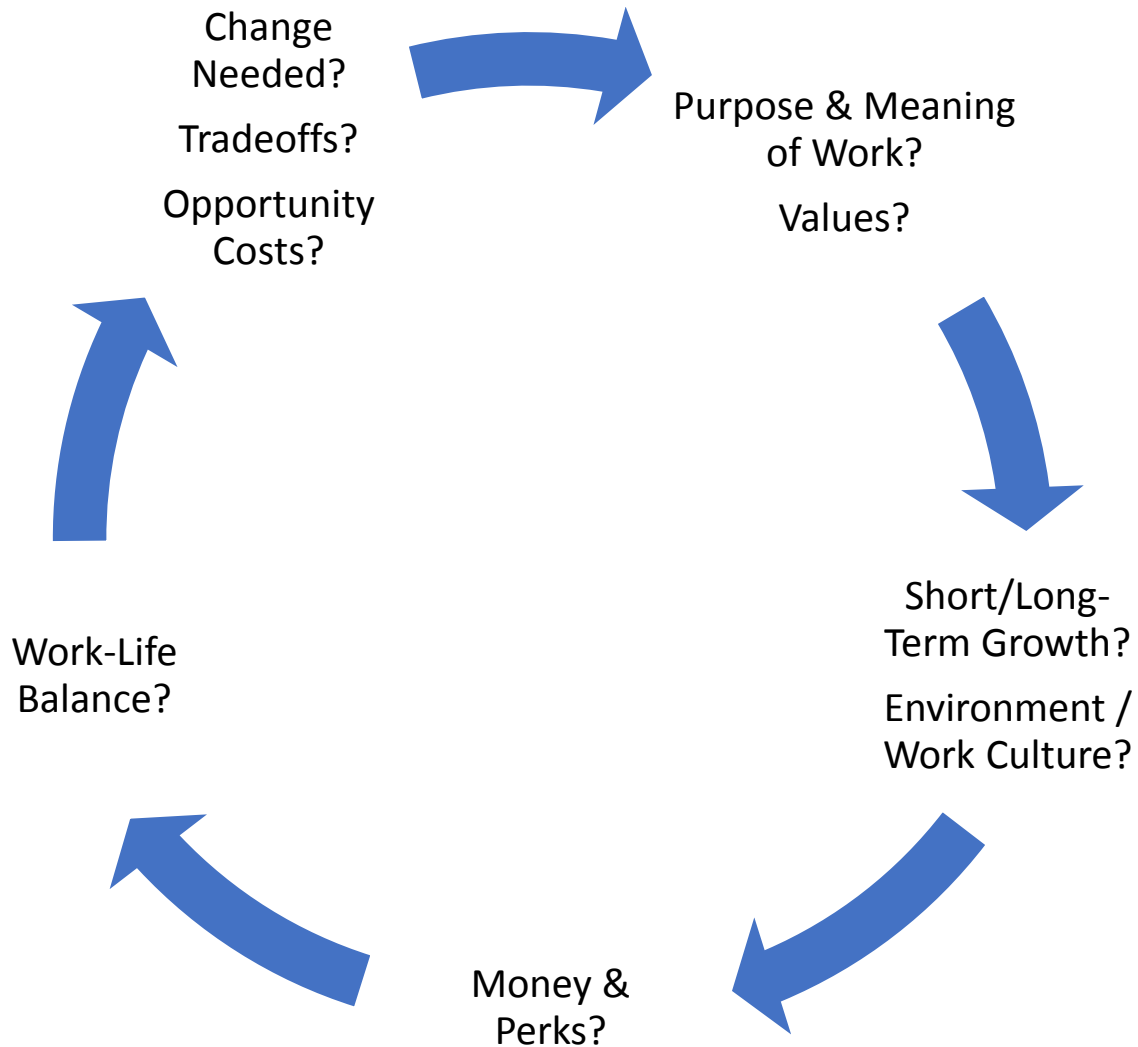
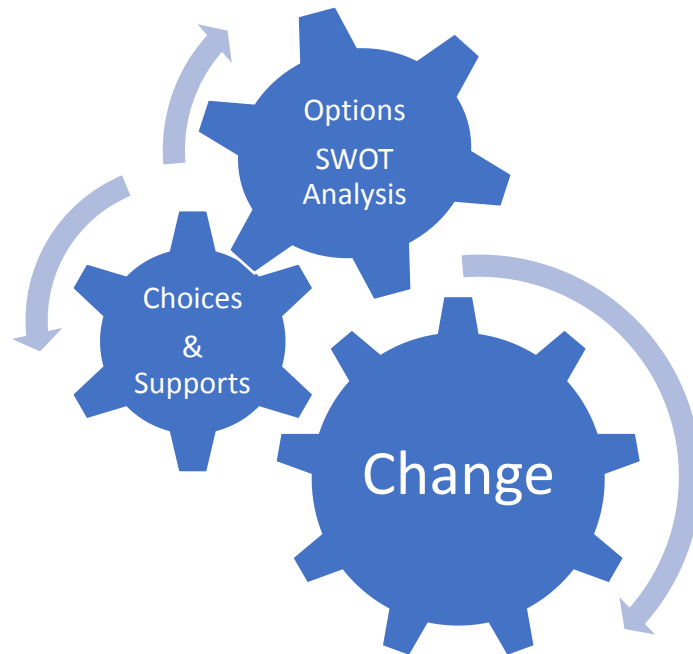


# The Cycle of Career-Related Decision-Making

*Factors that drive career satisfaction*



**How do you know it's time for a change?**



**Use self-reflection and evaluation. Do your research. Explore your options. Talk to other professionals. Identify all possible solutions and alternatives and carefully weigh the pros and cons.**

**Don't make any rash decisions until you have conducted your due diligence. Observe. Record progress and report your feelings in a journal or log.**

**Use the scale of 1 (low)-5 (highest) to rate your situation.**

- 1. Are you feeling frustrated by the nature of your work?**
- 2. Does your work environment or work culture pose a concern?**
- 3. Are you needing a change?**
- 4. Are others suggesting that you need a change with your work?**
- 5. Have you hit a roadblock when it comes to your career growth?**
- 6. Are you in search of greater meaning with work?**