

Purpose&Flow™

Find Your Why, Live Your Why.

Career / Purpose link.

Q6a. How much has your career been intrinsically guided by bigger purpose or meaning?

(1 = None, lacking purpose & meaning. 3 = Somewhat guided. 5 = Alot, it's been guided by a very clear purpose & meaning.

1. 2. 3. 4. 5.

Q6b. Over the years, how much has your career been led by others expectations?

(1 = Always, the weight of expectation is what has driven me. 2 = mostly driven by others expectations 3 = Somewhat, I've tried to mix my own goals with others expectations. 4 = I'm pretty good at knowing what I need, although at times i feel the pressure of others. 5 = None, I'm well aware of myself and what i need in a career to get fulfilment and long term happiness

Career / GVP link

Q7a. Gifts/strengths . Your gifts/strengths are the things unique to you that you can share to benefit others and yourself. Sharing your gifts/strengths provides energy, motivation and inspiration. Name and list your gifts/strengths:

In the past 3 months, how often have you been knowingly or unknowingly sharing your gifts in your career?

Never (1) Rarely (2) Occasionally (3) Often (4) Always (5)

Q7b. Passions & Interests. How often are you accessing your passions and interests?

1 = Never. 2 = rarely. 3 = Sometimes / wish it could be more often. 4 = often 5 = Always

Q7c. Life Values . Your values are the things you believe are important to you & guide your life and everyday decisions. A little bit like a personal code of conduct. Name and list your Values:

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In the past 3 months, how often has your career allowed you to live your values?

Never (1) Rarely (2) Occasionally (3) Often (4) Always (5)

Clarity / Action

Q8. Moving forward, how clear are you on what you need to do to be happy and successful with your career?

No clarity (1) Mildly clear (2) Somewhat Clear (3) Mostly clear (4) Crystal Clear (5)

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Q9. In the last 3 months, how well have you actioned any plans you have had to improve your career?

Never (1) Rarely (2) Sometimes (3) Most of the time (4) Always (5)

Q10. Overall, how close are you to having the career of your dreams?

miles away (1) not very close (2) in the middle (3) Very close (4) I have the ultimate career (5)

Your Total Score for all questions..... /80

Scoring your Career Pulse Check

Add up all the scores from the 10 questions and mark it above.

Below is a guide on how to interpret your score, and reflect on possible options for you to pursue.

Scores of 32 and below

Your days at your place of work are chaotic. You are getting little or no physical and emotional energy from your career. Its affecting multiple areas of your life and you are over-indexing in this bucket. . It's possible you are at crisis point or completely burnt out...and it's not feeling great. You aren't accessing your passions and interests regularly because of your career. You haven't stopped for long enough to know what your core values, or gifts/strengths are let alone live them daily. Subsequently It's also likely that you haven't stopped to consider how your career might fit within your life when you are the best version of yourself. Unfortunately, knowing what a happy a successful career looks like has eluded you along with the actions needed to make changes. There's a high possibility that you aren't getting the financial rewards you would like either. You are wound up and burnt out! You're feeling a long way away from where you should be right now. Hang in there friend, we are here for you. We can help you build a plan to move forward, embrace the next chapter, take back control and reset your life the way you want it to be.

Scores of 33-48

Your days can be chaotic and draining at times. You have some days that energise you physically and emotionally but they are generally few and far between. Your career is likely to be languishing, perhaps not depressed but not certainly not thriving. This state of stagnation and emptiness is affecting other areas of your life. Mainly your ability to be present and engaged in your relationships and surroundings outside of your career. You have tried some life re-sets because you understand the importance of not over-indexing in your career but you find yourself slowly falling back into old habits. You may have some awareness of your passions and may be occasionally accessing them but it's likely your career is still encroaching on your time for these. You may have knowledge of your values but consciously aligning your career with them isn't at the forefront of your mind. You have likely given some thought around your career path at times although setting goals and then designing actions to achieve these isn't common practice for you. You are restless to make things better and escape the languish. Having greater awareness and understanding of yourself, setting intentions for all areas of your life and following up with actions will help empower you towards greater career fulfilment.

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Scores 49-64

You understand the ingredients to a great alignment between your life and your career. At times you get a bit stuck but usually with some reflection and a reset you are able to get back on track again. You are mostly in control of your days in your work environment but at times find yourself putting out fires. Your career decisions mostly result from a clear sense of purpose in your life and not clinging to other expectations. Your gifts, passions and values are familiar to you and you are pretty good at using these intentionally to get energy and re-vitalise so that your capacity to produce good work within your career is high. You're a planner and an action taker although sometimes you get a little caught up off the beaten track. You are likely experiencing some financial reward and you continue to plan, reflect and achieve with reasonable effectiveness. Despite the balance, if anything, you get restless at what you might be missing out on by giving yourself fully to the practice of weaving your inner qualities (G,V,P) into your vision setting for your career. Overall your career provides you with fulfilment and happiness and you have the awareness and patience to keep moving forward in your career.

Scores of 65- 80

Your days are calm, organised and allow you the time and space to access your passions often. You are fiercely protective of your time and manage other areas of your life in sync with your career. As such your career feels in "flow". You engage in personal development and have a deep understanding of your gifts/strengths and your values and you bring them to life through your career every day. Importantly you have created a career that rewards you both financially and intrinsically. You are guided with your career decisions by way of a larger over-arching purpose. You are clear about the short, medium and long term vision for your career and the actions needed to bring these visions to life. You are a great example to your community, family and friends of how to use your career as a piece of the puzzle towards life happiness and fulfilment.

At **Purpose & Flow** it's our mission to inspire and empower people to thrive in all aspects of their life. We believe that a person's career forms a significant part of their life that should provide them with energy, fulfilment and joy whilst contributing positively to other areas of your life. Career dissatisfaction, burnout, languish, dropout etc. is a pandemic worldwide. It needn't be.

The questionnaire above will no doubt trigger some thoughts about your career and how it is serving you. Regardless of your current state we know how to help. We will walk with you and show you the steps to move forward. Not just to ease any short term pain but to provide you the tools and know how to achieve long term career happiness and fulfilment. Believe it or not, it starts with you! Opening up from the inside will create the vision and actions that will get the results you want.

We are ICF certified coaches with unique tools and processes that are proven to help build and bring to life a plan for your ideal career and life

Please reach out to us for a by [clicking this link for a free - no obligation call](#) where you can share your situation and we can help start to show you how your problems become possibilities. Or contact us at

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