

Name

# Overcoming Career Paralysis

Date

Which of the following situations best applies to you at this time?

Looking for a job/career.     Considering a job/career change.     Considering an additional job/career.

Do you feel **engaged** at work?    Yes    No                      Would you **start over** if you felt that you could?    Yes    No

Do you want more **meaning** in your job?    Yes    No                      Do you want a job that actually **fulfills** you?    Yes    No

Have you ever thought of starting your **own business**?    Yes    No    If yes, what type? \_\_\_\_\_

Do you feel "**stuck**" regarding your career decision?    Yes    No    If yes, why? \_\_\_\_\_

**To make better decisions regarding your career (or anything for that matter), you need to understand how your brain works and what you can do about it.**

## Problems: Why we get stuck...

## Solutions: How to get unstuck...

1. Too much choice overwhelms us.

1. Identify clear decision criteria.

2. We are negatively biased.

2. Identify your strengths.

3. We prioritize short-term ease over long-term values.

3. Clarify your long-term values.

4. We think in linear patterns.

4. Think creatively about your options.

5. We trust our brains to fix the problem.

5. Examine your thoughts for function and accuracy.

**The big question:** Can you be **willing** to experience your negative thoughts and uncomfortable feelings if it means **doing** what you really value in life?    Yes    No    (If yes, how? If no, Why?)

How? \_\_\_\_\_

***"By making conscious choices based on your strengths and values, and using them for a clear purpose, you can find meaning and fulfillment in your career. This is not wishful thinking. It's the truest reality that there is."*** - Rob Archer, "The Career Psychologist"

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