WORKSHEET

# YOU'RE NOT STUCK

Four steps to take control of your nursing career.

> **REMEMBER** **You are always choosing.**

## STEP 01 CHECK YOURSELF

HONEST SELF-ASSESSMENT

01 What would make me happy?
02 What would my best self do?
03 What do I want to do with my career?
04 What problems do I actually want?
05 What's making me so frustrated?
06 What's making me feel stuck?
07 What have I already tried?
08 What am I trading for the money?
09 Who have I become in the last six months?
10 If nothing changed for two years, would that be okay?

## STEP 02 KNOW WHERE YOU'RE GOING

WRITE IT WHERE YOU'LL SEE IT

01 What do I want to happen?
02 Who do I have to be?
03 What do I need to learn? What skills do I need?
04 Who do I need to talk to?
05 What has to happen before I can move?
06 Where do I want to go? What are the steps?

IN A YEAR

THIS WEEK

TODAY

## STEP 03 TAKE MESSY ACTION

THE MAGIC IS IN THE DOING

01 What have I been putting off?
02 What's the smallest version of it I could do today?
03 Who could I talk to this week?

## STEP 04 ROLL WITH THE PUNCHES

NAME YOUR FEARS

01 What am I afraid will happen?
02 If it did happen, what would I do next?

**START HERE**

Open a notebook or a Word doc and answer every question on this page. Start today.