



# Mindfulness Worksheet

## HOW TO MAKE AN IMPORTANT CAREER DECISION

What changes do you want to make at your job? Stay? Leave?

### IF YOU STAY

What changes will you make? Beginning when?

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What actions do you need to take to bring about these changes?

When will you begin them? Who will support you?

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## IF YOU STAY

What actions of others will these changes necessitate? When will you request the actions?

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What will you do if the action isn't taken? When? Who will support you?

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# Mindfulness Worksheet



## IF YOU LEAVE

What process will you use to decide what to do next? Who can support you with this? When will you begin this process?

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When and how will you:  
Tell your family?

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Tell your boss?

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## IF YOU LEAVE

When and how will you:

Tell your peers?

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Tell your subordinates (those you supervise)?

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How will the change affect (and what will you do to deal with any breakdowns with): Your family? Your cash flow? Where you live?

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# Mindfulness Worksheet



## FINAL REFLECTION

How will you take what you learned from this forward into your life?

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After you're done reflecting, ask yourself what is your soul/God/Spirit telling you?

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