



A Career Options Exploration Worksheet for Your Purpose-Aligned Next Chapter

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Your next career move doesn't have to fit into a narrow box. This guide will help you explore career paths that align with your values, skills, and life goals. Whether you're considering a pivot, re-entry, or entrepreneurship, use this resource to clarify what makes sense for you.

Section 1: Career Fit Matrix

Use this matrix to compare different career options based on your top priorities.

Career Option	What Appeals to Me	Challenges or Concerns	How It Aligns with My Goals

Section 2: Dream Job Storyboard

Visualize a day in the life of three different career paths. This helps you connect emotionally and practically with each option.

Option 1:

Option 1 career path:	
Morning tasks:	
Midday responsibilities:	
People I work with:	
Autonomy in decision-making:	
Challenges that excite me:	
How I feel at the end of the day:	

Option 2:

Option 2 career path:	
Morning tasks:	
Midday responsibilities:	
People I work with:	
Autonomy in decision-making:	
Challenges that excite me:	
How I feel at the end of the day:	

Option 3:

Option 3 career path:	
Morning tasks:	

Midday responsibilities:	
People I work with:	
Autonomy in decision-making:	
Challenges that excite me:	
How I feel at the end of the day:	

Section 3: Values + Skills Alignment Grid

Use this grid to assess how well each option fits with your core values and best skills.

Career Option	Key Values It Supports	Top Skills I Will Use

Section 4: Reflection Prompts

Answer these questions to gain more clarity about your direction.

What types of work have energized me most in the past?

Where do I want to make an impact?

How much structure or flexibility do I want in my work life now?

What do I want to learn next?

What is my risk tolerance for trying something new?

Ready to Explore Further?

Third30™ offers tools, courses, and community to help you explore meaningful work at every stage. Visit www.third30.com to learn more.

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