

# How to Live On Fire CAREER Worksheet

Andrew Parkes

[www.successcoachingformen.com](http://www.successcoachingformen.com)

## BASELINE

**PASSION TEST** – How passionate am I about my current job? (1 is low, 10 is very high)

1 2 3 4 5 6 7 8 9 10

**LIFE OUTSIDE OF WORK TEST** – How much of a negative affect does my job have on:

**My Health (sleep, energy level, etc.):**

LOW MEDIUM HIGH N/A or Not Sure

Describe in detail:

**My Ability to Train (fitness/exercise):**

LOW MEDIUM HIGH N/A or Not Sure

Describe in detail:

**Time with Family:**

LOW MEDIUM HIGH N/A or Not Sure

Describe in detail:

**Time with Friends:**

LOW MEDIUM HIGH N/A or Not Sure

Describe in detail:

**Hobbies:**

LOW   MEDIUM   HIGH   N/A or Not Sure

Describe in detail:

**RELATIONSHIPS AT WORK TEST** – Assess the following relationships with your:

**Boss**

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

**Co-Workers**

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

**Clients (either internal or external)**

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

**The 'If I Quit Tomorrow' Test:**

If I quit my job tomorrow, would anyone care? What would be the impact on the company, my co-workers, or clients?

---

---

---

---

---

**Current Job:**

Combine results from the Passion Test, Life Outside of Work Test, and Relationships at Work Test. Overall, how happy are you with your current job:

Not Happy    Happy    Very Happy

## **DESIGN YOUR FUTURE**

### **The Perfect Job**

Let's spend some time thinking about your Perfect Job:

- What is it?
- Who will you do it with?
- What's holding you back from it?
- What are some steps you can take to move forward?

**The Perfect Job:**

Problem Being Solved (ie. why does the business exist?)

---

---

Describe these people in your Perfect Job:

BOSS –

CO-WORKERS –

CLIENTS –

**The Perfect Job – Excuses:**

List out the top 3 reasons why you haven't been able to move into your perfect job. For example, you haven't found it yet, it doesn't pay enough, you would have to take a deep pay cut, you don't have the education or time to look for it, etc.

- 1.
- 2.
- 3.

**The Perfect Job – Short Term Action Plan:**

What are the next 3 things you can do to move closer to your Perfect Job?

- 1.
- 2.
- 3.

**Accountability:**

**Accountability Partner 1**

Name: \_\_\_\_\_

Weekly Check-In: \_\_\_\_\_

**Accountability Partner 2**

Name: \_\_\_\_\_

Weekly Check-In: \_\_\_\_\_

**Accountability Partner 3**

Name: \_\_\_\_\_

Weekly Check-In: \_\_\_\_\_