

# Shape Your Future: Your Next Move

4 lists to make

## 1. What work gives you energy?

Draw a horizontal line on a piece of paper. Above the line, write down all the things that you love and make you happy.

Underneath line, write down all the things that drain you and make you miserable.

Loves. Energetic. Positive.

Dislikes. Low Energy. Negative.

## 2. What do you need?

Write down what you need against:

Finances (i.e. how much you need to live)

Lifestyle (i.e. working patterns)

Environment (i.e. restrictions)

Location (where)

Remember these are your non-negotiables.

## 4. I want to .....

### What's the #1 thing you want to do next and why?

Remember this is your #1. Out of everything. What do you want in your next job, career, business? Why is this important to you?

## 3. What do you want?

Write down what you would like - your wants? What do you want out of your next role? What do you want out of your next idea / business?

Juliet Morris

