



CAREER VISION

It's Career Checkup Time -- A Healthy Habit to Get Into

Today, people know that to stay in the best health, they should have an annual physical checkup. When individuals pay attention to improving their health, they feel better.

An annual career checkup with a Career Vision professional is a great way to improve your satisfaction and feel better about your work. You can take stock of progress toward goals and learn about resources available to you. A checkup can help you identify and handle emerging problems more successfully. Finally, you can adjust your personal career vision to workplace and personal changes, modifying goals so that you feel good getting up in the morning and going to work.

Some questions to consider as you review your work over the past year:

- ✓ Do I know what I am good at, what I like, and what is important to me?
- ✓ How well does my job and work environment meet my needs and match my abilities?
- ✓ Am I clear on the next steps I need to take for my development this year?

Is it time to check your career vital signs?

To take a temperature check on your level of fulfillment with your work, complete our free Job Satisfaction Survey, found at www.careervision.org. You'll find suggestions on how to increase your satisfaction from your instant feedback and the accompanying white paper.

Just as it's important to have a trusted health professional to help you feel better, the staff at Career Vision is your trusted career resource to help you make choices that lead to job success and satisfaction!

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Direction. Decisions. Satisfaction.