

Working Hard. But Getting Where?



A 10-minute exercise to help you make intentional progress in your career

Working hard isn't the same as moving forward.

You work hard. You deliver results. People count on you, but is all that effort moving your career where you want it to go?

Most of us have an idea of where we'd like our careers to go. The harder question is what we're doing to get there.

Think Big

Where would you like your career to be in the long term?

Don't worry about how you'll get there. Just describe what you'd like your professional future to look like.

Bring it Closer

Now imagine it's one year from today.

What three things would be different if you were making meaningful progress toward that future?

Be specific. Think about responsibilities, skills, opportunities, or the work you're doing.

Take a Moment

Can you clearly describe what progress would look like a year from now?

If not, that may be the first gap worth addressing.

Look at Your Effort

Think about the last 90 days.

What have you done that directly supports the one-year picture you just described?

What's Missing?

Compare where you want to go with what you've been doing.

What's one thing you need to start doing differently?

Take Action

Choose one step you can complete in the next 30 days.

My next action:

I'll know it's complete when:

I'll complete it by:

Review and Adjust

Set a reminder for 30 days from now.

Did you follow through? What did you learn? What's next?

Remember

Being good at your job doesn't automatically mean you're making progress in your career.

Clarity gives your effort direction. Action turns that direction into progress.

Your Career Deserves a Plan Too

Your employer has priorities. Your team has goals. Your projects have plans.

What about your career?

This exercise is a small example of how we approach career planning at Mindset180.

Introducing Career Catalyst

Career Catalyst is a structured program that helps you:

- **Understand** where you are and what matters to you.
- **Choose** where you want to go.
- **Build** a practical roadmap.
- **Act** on your priorities.
- **Adapt** as you learn and grow.

Through straightforward exercises, thoughtful conversations, and practical planning, you'll develop a system to manage your career.

The goal isn't to make you dependent on a coach. It's to give you the tools to move forward independently.

Ready for What's Next?

Explore Career Catalyst →

Learn about the program and how it works.

<https://www.mindset180.com/productpages/career-catalyst>

Schedule a Career Conversation →

Let's discuss your goals and whether Career Catalyst is right for you.

<https://www.mindset180.com/career-catalyst-discovery>

Mindset180 — Helping organizations and professionals succeed in the face of change.