**Purpose Dashboard Check**

**Instructions:** Focusing on your sense of meaning and purpose, do a self-assessment regarding your current or intended career path. Use the four different barometers below to identify where you find yourself on each of the scales.

---

**Resources**

refers to the availability of both external and internal resources and opportunities to sustain your current or intended career path

---

**I Like It**

refers to your level of interest and engagement in what you are currently doing and living

---

**Confidence**

related to whether or not you believe you can sustain your current career path

---

**Authenticity**

whether or not your current or intended career path fits who you are

---

**Current Purpose Questions:** Review the dashboards above and reflect on what life and career questions arise for you when doing so. Consider up to 3 questions that can become a focus for your purpose exploration at this time. (For example, do I have what is needed to be successful in this field of study/work? Or, how can I bring more of my true self into what I am doing each day?)

---

**Action Step:** What is one action step you can take to move more in the direction you feel you must go?

---

Inspired by Bill Burnett and Dave Evans, *Designing Your Life: How to Build a Well-Lived, Joyful Life*