



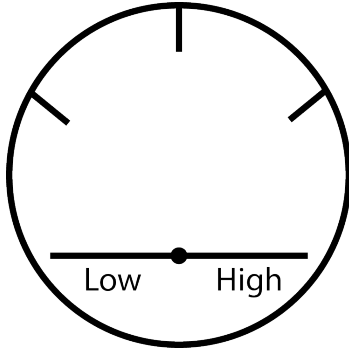
Purpose Dashboard Check



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.

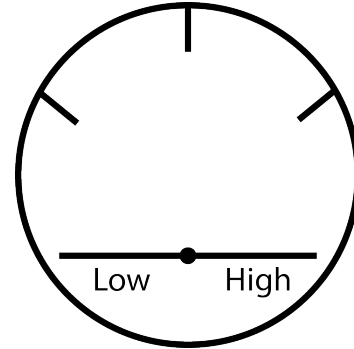
Resources

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



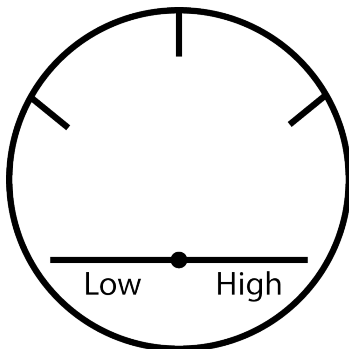
I Like It

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



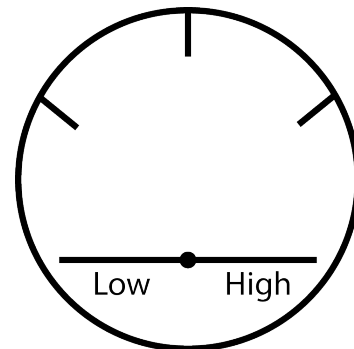
Confidence

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?