

# \* Barrier Identification \*

## \* Worksheet \*

Use this worksheet to identify the barriers that are getting in the way of change and keeping you resistant to making a big career shift. See where your biggest barriers are to focus on overcoming them as your next steps toward change.

### \* **Barrier 1: Dissatisfaction with the current state**

- What are the dissatisfiers in my current career?
- What pain are these dissatisfiers causing me in my life?
- Is relieving the pain of these dissatisfiers more important than staying with the comfortable and familiar in your current career?  
(If you answered no, then dissatisfaction with the current state is a barrier for your desired change.)

### \* **Barrier 2: Vision for the future**

- What is your vision for your future career? Describe the kind of work, the company culture, the industry, work environment, the pay and compensation you need, etc.
- Is the vision foggy, are you unclear or unsure about what you want?  
(If you can't clearly describe the vision of your future career, then this is a barrier for your desired change)

### \* **Barrier 3: First Steps**

- What is the most important thing you need to tackle first to get to your vision?
- What do you need to know or do? Is it clear exactly what you need to do?
- Are you taking a minimum approach to creating your plan for your vision or are you trying to figure out all the steps?  
(If you can't clearly articulate the very first few steps to take towards your career visions, then this is a barrier for your desired change).