

WORKS *for* HER

Career Fit Snapshot



5 minutes to see what's fitting --
and what's not.

Your work doesn't have to be terrible to be wrong for you.
Sometimes the problem isn't the job. It's the fit.

Take five minutes to look at five areas of your working life. Don't overthink
your answers. Just answer based on how things feel right now.

worksforher.ca

Let's Get Started

Rate each item from 1-10

1 = Not fitting at all. 10 = Fits me really well

01

THE WORK

When you think of the work you do most days, how well does it fit your interests, strengths and abilities?

1 2 3 4 5 6 7 8 9 10

02

YOUR LIFE

How well does your work fit the life you have now – including the responsibilities, relationships, and priorities that matter to you?

1 2 3 4 5 6 7 8 9 10

03

YOUR ENERGY

When you consider the energy your work requires versus the energy it gives back, how well is that balance working for you?

1 2 3 4 5 6 7 8 9 10

04

YOUR NEEDS

How well does your work provide the things you need most in this season of your life?

1 2 3 4 5 6 7 8 9 10

05

YOUR FUTURE

How well can you see your current work fitting the life and priorities you're moving toward?

1 2 3 4 5 6 7 8 9 10

That's It! Now transfer your numbers to Page 2



So... where's the gap?

*Clarity
creates
possibilities*

Transfer your numbers from Page 1

FIT AREA

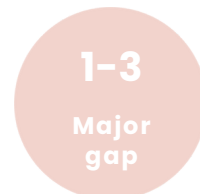
YOUR SCORE (1-10)

THE WORK	_____ / 10
YOUR LIFE	_____ / 10
YOUR ENERGY	_____ / 10
YOUR NEEDS	_____ / 10
YOUR FUTURE	_____ / 10

Look at your lowest number

That's your biggest Career Fit Gap right now.
It doesn't necessarily mean you need to leave your job.
It means something here deserves your attention

YOUR CAREER FIT AT A GLANCE



**Don't worry about your scores...
the pattern matters more than the number.**

A woman can have a job she likes but a schedule that doesn't work. She can have good pay but no energy left for her life. She can be good at her work but know it doesn't belong in her next chapter...

That's why we're looking at fit--not just job satisfaction.



Your Snapshot Result

What your lowest score might be telling you.

Find the section that matches your lowest score.

01

THE WORK FIT GAP

Your work may no longer fit the person you are. You may still be good at what you do, but the actual work may not interest, challenge or energize you the way it once did.

Start here:

What parts of your work still feel like you – and what parts are you ready to leave behind?

02

THE LIFE FIT GAP

Your work may be asking too much of the life you're trying to build. The problem may not be the work itself, but the hours, flexibility, commute, demands or expectations surrounding it.

Start here:

What one change would make your work fit your actual life better?

03

THE ENERGY FIT GAP

Your work is costing you more energy than it should. Before deciding you need a completely different career, look at what's actually draining you – the work, the pace, the people, the environment or the pressure.

Start here:

What is the biggest source of your work-related energy drain?

04

THE NEEDS FIT GAP

Something important isn't being met. Your work may look perfectly acceptable from the outside while failing to provide something you need right now – security, income, flexibility, autonomy, growth, meaning or something else.

Start here:

What do you need from work in this season of your life?

05

THE FUTURE FIT GAP

Your current work may not belong in your next chapter. You don't have to know what the next chapter looks like yet. You may simply be noticing that your current work doesn't make as much sense for where your life is heading

Start here:

What do you want your work to make possible in the next chapter of your life?

One last question...

If your work could fit your life just 20% better, what would need to change?



So, what now?

You don't have to figure out your whole career today. But now you know where the fit is weakest. That's a place to start.

**Start the free 7-Day
Career-Fit Reset
if you'd like to dive deeper**