

What Do You Actually Want?

Not what seems sensible — what you genuinely want

This worksheet is a coaching tool to help you think forward. It is not therapy or counselling. Only share what feels comfortable. If you manage a long-term health condition, consult your GP for personal advice. There are no right or wrong answers.

Part 1 — The Thought Experiment

Imagine work isn't a problem. Money sorted. Logistics sorted. Nobody else's opinion matters.

What does my life look like? Where am I, what time do I start, what am I doing, how does Monday feel?

What does that answer tell me about what I really value?

Part 2 — Values, Environment and Pace

Tick the words that resonate — go with your first instinct.

Values — what must be present for work to feel meaningful

Helping people	Having autonomy
Creating things	Making a visible difference
Being part of a team	Leading others
Continuous learning	Financial reward
Making a social impact	Recognition

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Environment — where and how I do my best work

Remote / from home	In an office
Quiet and focused	Around a busy team
Structured and predictable	Flexible and varied

Pace — how I like to work

Fast-paced and varied	Steady and methodical
Deep focus on one thing	Lots of different tasks
Deadlines and urgency	My own rhythm

Part 3 — The Three Core Prompts

I feel most fulfilled when I am...

The work environment I need is...

The one thing I have always secretly wanted to do is... (write it even if it seems unrealistic)

Part 4 — Permission

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I've been telling myself I can't have the career I want because... But actually I wonder if...

My Three Takeaways

#	What I am taking away from this module
1.	
2.	
3.	

See you in Module 4: What's Really Holding You Back?