

Trajectory Check:

How Your Job Serves Your Purpose

This quick worksheet helps you evaluate how closely your current job lines up with your sense of purpose. Be honest, specific, and concrete — name people, tasks, skills, or numbers where you can. Spend about 10–15 minutes total. Use your answers to pick one small next step at the end.

1. Rating: On a scale of 0 (*not at all*) – 5 (*deeply aligned*), how aligned is your current profession with your purpose? Why did you pick that number?

2. What's working (list 2 – 3): What aspects of this role support your purpose, even a little? (*ex. skills used, people impacted, meaningful tasks, growth opportunities, access to resources*)

3. What's not working (list 2 – 3): What parts of the role feel misaligned or draining (i.e., lack of meaning, values mismatch, limited growth)?

4. Resource check: How does this job currently serve you? (i.e., income, skills, contacts, time, credibility — note any concrete examples)

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5. Room to change or grow: Could this role be reshaped to better reflect your purpose? (e.g., shift responsibilities, propose a project, volunteer internally, change how you show up). List 1 – 2 realistic changes.

6. Skills & Experience gap: What skills, experiences, or connections are you missing to move toward a profession that fits your purpose? Name one learning or exposure you could pursue.

7. One small next step: Choose 1 concrete action you will take within the next 2 weeks to test or move toward more alignment (e.g., informational interview, short course, propose a pilot project, side project idea).



FAITH
HELPS
LLC

WANT TO LEARN MORE?

My life coaching services are designed to help you move from inspiration to transformation – not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

SCHEDULE A FREE CALL