



# Trunk Travel Studio

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*When things aren't  
adding up in your  
life, start subtracting.*

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## Taking A Career Break Worksheet

Asking yourself questions and writing them down is the best way to understand why you want to take this break. Sometimes, I would have one question that I would think about over several days. Other times, I would sit down in a quiet space and write whatever I was thinking at that moment. I revisited questions often. The answers always evolved but each time I did this exercise I felt more confident in my decision to take this break.

Below are a list of questions/actions that I thought about during this process. I tried to be as specific as possible so that I when I referenced the answers later, I could understand what was going through my head. Once you have completed this exercise, go back and revisit as often as you need. Add questions that you think are relevant to your lifestyle and family.

## Questions to Ask Yourself

- Why do you want a break?
- Make a list of all the different types of jobs you could get if you ever needed to earn money. *Knowing you can get another job will make you feel better about leaving your job and giving you confidence that you can get another job. Include every possible job even if it's not a job that you would ever have considered but you could do it.*
- Make a list of the benefits that will be a result of your break. Include benefits to the family, your partner, yourself, your friends.
- Make a list of all the benefits of staying right where you are and continuing to work.
- Make a list of all the things you would do for yourself if you had extra time.
- Make a list of all the pro-bono/charity things you would do if you had extra time.
- Make a list of all the things you would do for your family if you had extra time.
- Make a list of all the things you would do for your spouse if you had extra time.
- Make a list of all the reasons you want to leave your current job. Be very specific and include examples. Once you leave, this will help remind you of why you left.
- Decide on a date that you would like to leave.
- Make a list of practical things you will do once you leave. Things like clean garage, clean out medicine cabinet, etc.
- Make a list of actionable steps to leaving your career between now and the date you decide to leave.