

## 10 Writing Prompts for Academic Career Discernment

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1. What work feels especially **urgent** at this time—this time in your life personally and this time in a collective sense (for members of your community and for all of us inhabiting the earth)?
2. What words do you use to describe your **professional identity**? Are there any words or descriptors you'd like to identify with but don't fully at this time? Are there any words or descriptors you'd like to leave behind?
3. What about your current career **gives you energy**—fires you up or inspires you?
4. What about your current career **drains your energy** so that you refuel in other directions?
5. If you've experienced **burnout** in the past or if you're experiencing it now, what do you need at this time? List all the wants + needs you can think of. The longer the list, the better.
6. What would your **ideal work day** *feel*/like? What does your work day *feel*/like now? How closely do these descriptions match? What are the areas of divergence?
7. What **material conditions** (e.g., location, housing, student loans, support for family) need to be considered?
8. What conditions help you be your better/**best self**? Are many of those conditions in place with your current work life?
9. In contrast, what conditions seem to bring out your **worst self**? Are many of those conditions currently in place?
10. What additional information or actions would help you feel more **empowered** in moving forward with career discernment?