



Career Tracker

Name: _____ Date: _____

If you enjoy your work, like the people you meet at work (e.g. clients, customers, colleagues and managers), feel supported and feel good about the future then you have a good career.

With regard to your job, think back over the last month and tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely	
You enjoy the work you are doing.	0 .	. 1 .	. 2 .	. 3 .	. 4	
You like the people you meet at work.	0 .	. 1 .	. 2 .	. 3 .	. 4	
You are getting the support you need in order to do your job well.	0 .	. 1 .	. 2 .	. 3 .	. 4	
You feel good about your future, e.g., job security, training and advancement opportunities.	0 .	. 1 .	. 2 .	. 3 .	. 4	Total Score

If you wish, write down what you like about your job and what might make it even better.

Experience wellbeing every day.

www.WellbeingTrackers.com

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Career Tracker

Name: _____

Start Date: _____

16	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
15	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
14	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
13	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
12	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
11	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
10	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
9	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
8	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
7	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
6	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
5	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
4	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
3	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
2	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
1	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
0	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec				

Feedback is a safe conversation about something important.

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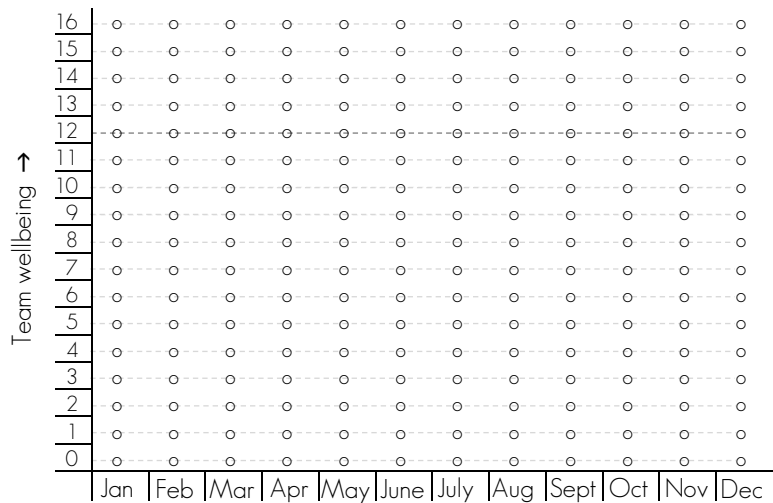
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Career Team Tracker

Team: _____

Start Date: _____



Consult as a team and think of a small, practical step you can take to improve your team score.

Create Wellbeing.

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Read this page before using this Tracker.

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Instructions

Step 1: Answer the questions on the Tracker.

Step 2: Add up your total score.

Step 3: Plot your total score on the chart.

Step 4: Reflect on your progress and think of a small, practical step you can take to improve your score.

Consider sharing and discussing your Tracker with friends for support.

Consider using the Tracker as a part of a Wellbeing Team.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in a way that feels right to you - that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

Instructions for Team Trackers

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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