

What's Holding Me Back in My Career?

Brainstorming Worksheet

Both personal and job-related issues can hold back your career advancement. Here are some the most common reasons you may not get a raise or promotion. You can add other reasons you've received from supervisors or managers in the blank spaces.

What's Holding Back Your Career?	
You asked for a promotion too soon.	You don't take the initiative.
You fulfill only your job requirements.	You only want a paycheck.
The position you want doesn't exist.	You don't demonstrate your value.
You have an entitlement mentality.	You are unorganized or procrastinate.
You have a negative attitude.	Your personal issues affect performance.
You have limiting beliefs.	You don't ask questions or for assistance.
You lack up-to-date job skills.	You don't follow through.
You lack interpersonal skills needed.	You don't express interest in development.
You don't implement suggestions.	Your communication skills are lacking.
You lack professionalism.	You are not compassionate towards others.

After examining different areas of my life, as well as feedback I've received, I have identified these things that may hold me back from advancing in my career.

What's Holding Me Back in My Career

Brainstorming Worksheet

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by:

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by:

What's Holding Me Back in My Career

Brainstorming Worksheet

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by:

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by:

What's Holding Me Back in My Career

Brainstorming Worksheet

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by:

- Reason/Feedback:
- What needs work:
- My solution is to fix this is:
- I can demonstrate my proficiency by: